FACEOFF NO. 3

BARACK OBAMA FIGHTS FOR THE EDGE ON FOREIGN POLICY AS HE DUELS WITH MITT ROMNEY TO WOO AMERICAN VOTERS IN THE FINAL PRESIDENTIAL DEBATE PAGE 9

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TORONTO metro®

Tuesday, October 23, 2012

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Toronto goes luxe with a fashion CELEBRATION

A model walks the runway in Pink Tartan's spring/summer show on Monday during the opening night of Toronto's World MasterCard Fashion Week. Canada's largest fashion event runs until Friday. For a photo gallery of Monday night's shows, check out metronews.ca. KEITH BEATY/TORSTAR NEWS SERVICE

TTC aiming for underground cell service

Wireless. Signal would be intended for station platforms, not tunnels

The TTC is one step closer to providing long-awaited cellphone service in the subway — at least on station platforms.

The timelines are still tentative, but TTC officials estimate that cell service will be available in most stations in about two years.

It's expected commuters would be able to chat in the stations but not necessarily in the tunnels. Although the signal would probably bleed into downtown tunnels where stations are close together, it's expected there will be dead zones in suburban sections of the lines where stations are farther apart.

Providing cellphone service is actually a gain for the TTC. On Wednesday, councillors on its board will vote on a deal under which Broadcast Australia Pty Ltd. (BA) will pay the TTC $25 million over 20 years to equip 61 underground stations with cell service.

The contract also gives the TTC $8,000 per station to evaluate what needs to be done to provide service in that location.

The TTC plans to create a project-manager position to oversee the installation of the cellphone system. The first step will be, as soon as possible, equipping two stations as prototypes, said TTC spokesman Brad Ross.

Using those two stations, the company has to prove "their system will not interfere with (the subway's) radio-based signalling system," he said.

The contract would give BA a year to establish deals with enough wireless carriers to serve at least 60 per cent of Toronto cell subscribers.

TORSTAR NEWS SERVICE

Quoted

"The research we did in London showed that customers were pretty polarized on cellphone coverage — especially voice. People that wanted it really wanted it, and the people that didn't savoured their few minutes of silence a day and didn't want to have to listen to someone else."

TTC chief customer officer Chris Upfold, who used to work for the London Underground, which doesn't have cellphone service.

'It consumes your whole life'

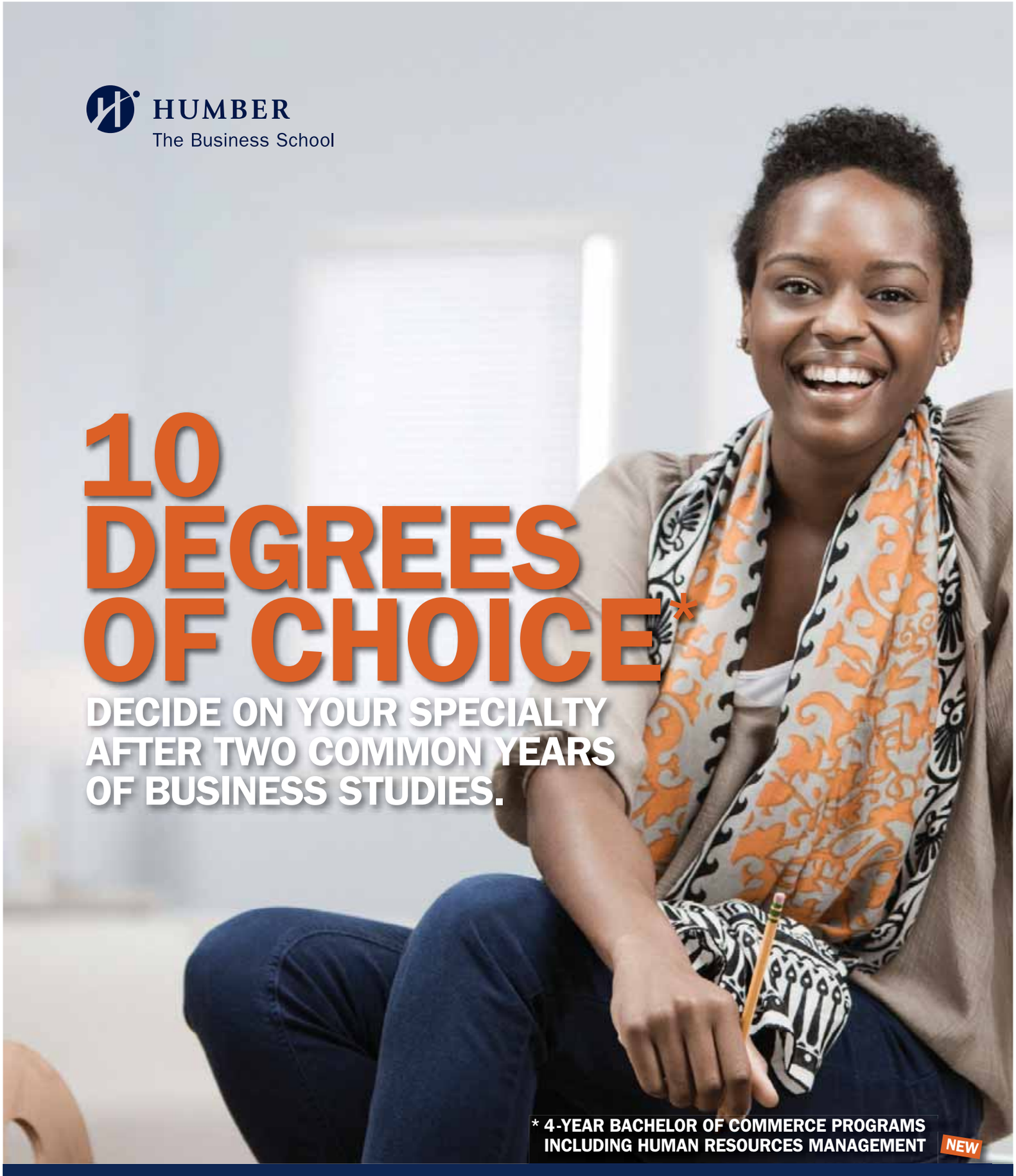
Ontario physicist answers the call of Mars as he helps conduct tests via the Curiosity rover PAGE 8

Teen nabbed in sex assaults

Arrest of boy, 15, comes after string of attacks on women in the Bloor-Christie area PAGE 3

Hearty but healthy soup

Ditch the cream and butter and try evaporated milk in this corn chowder PAGE 26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Canada and Jamaica

A half-century of diplomatic ties

Prime Minister Stephen Harper was joined by his Jamaican counterpart Portia Miller at a packed hall in Toronto on Monday night to celebrate 50 years of diplomatic ties with Jamaica since it first gained independence in 1962.

Harper told several hundred people at the Jamaican Canadian Association that Canada is proud of its connection to Jamaica, dating back to when both countries traded together as British colonies.

THE CANADIAN PRESS

New Jersey bus crash

Brampton women join lawsuit

Two Brampton women injured earlier this month in a New Jersey bus crash have joined a lawsuit against the driver and a Toronto bus company that could reach into the millions.

Plaintiffs Stephanie Anderson and Charmaine Wilson have joined a suit launched by a Brooklyn, N.Y., woman, alleging gross negligence, negligent hiring and supervision and failure to maintain the bus.

TORSTAR NEWS SERVICE

City staff

Bonus payouts OK with committee

Toronto councillors should be able to pay three per cent bonuses to members of their office staff who are already making the top rate, says council's employee and labour relations committee. The bonus would add $2,432 to the pay of a councillor's executive assistant earning the maximum rate of $81,081. The bonus for a constituency assistant, maxed out at $67,194, comes to $2,016. TORSTAR NEWS SERVICE

Teenager linked to rash of sex assaults

Bloor-Christie attacks. 15-year-old charged with 14 counts of sexual assault, two counts of criminal harassment

JESSICA SMITH
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Toronto police have arrested a 15-year-old in connection to 16 sexual assaults in the Bloor-Christie neighbourhood after female police officers posed as potential victims, Toronto police Chief Bill Blair said Monday.

At a bail hearing that afternoon, Justice of the Peace Paul Kowarsky ordered the youth be held in custody until trial.

Police arrested the youth at 11 p.m. on Saturday after a woman was assaulted while walking in the Roxton Road and Bloor Street West area. The youth is charged with 14 counts of sexual assault and two counts of criminal harassment. He cannot be named because he is a young offender.

Police would not say if the last woman assaulted was a police officer, but said one officer was assaulted during the course of the investigation.

"We have women in our organization who put themselves in harm's way, who went out into that community and put themselves at risk, knowing that if they were successful in their mission they would also be a victim of an assault," said Blair.

By the numbers

16

The 15-year-old in question was arrested in connection to 16 sexual assaults

Staff Insp. Mary Lee Metcalfe addresses the media Monday while police Chief Bill Blair looks on. Police announced that a 15-year-old youth has been arrested in connection with a series of sexual assaults in the Bloor Street West and Christie Street area. CARLOS OSORIO/TORSTAR NEWS SERVICE

Blair said he wouldn't characterize the investigation technique as a "sting," but said female officers were on the streets where they could be potential victims. He would not say when officers began using this tactic.

Staff Insp. Mary Lee Metcalfe said 14 assaults occurred between Aug. 16 and last Saturday in the area between Barton Avenue, Ossington Avenue, Palmerston Avenue and College Street. Ten assaults took place in August, followed by an apparent lull until the Thanksgiving weekend. In all cases, the perpetrator approached women from behind, sexually assaulted them, then fled the scene.

Metcalfe thanked the victims for working with police as well as the community for spearheading local rallies and marches that raised awareness among the community.

Young offenders

Series of sex assaults rare for youth, says expert

Lise Gotell, chair of the University of Alberta's women's studies program, said most sexual assaults are committed by men aged 12 to 17 years, though it is rare for young offenders to serially assault strangers.

"The threat of a serial sex offender in that neighbourhood has held such a sway, and has caused such a great deal of uncertainty," she said. "The idea that these could have been perpetrated by a 15-year-old is shocking."

Because of his age, the suspect's name in the Christie Pits case is not being reported publicly. While Gotell acknowledges many people would like to see the suspect's name published, she said research shows the most important thing society can do for victims is to respect and understand the effects of their experience.

She said society should reexamine some of the social norms that contribute to sexual assaults. "Sexual aggression and 'scoring with women' continues to be celebrated as something that marks you as a man," she said. "We need to think about what it means to be a good man."

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TTC Vaughan extension.
Construction delays caused by several factors

The TTC has confirmed that the $2.6 billion Spadina subway extension to Vaughan will open about a year later than originally scheduled.

It will be at least fall 2016 before service begins on the 8.6-kilometre stretch between Downsview Station and the Vaughan Metropolitan Centre.

The delay is being blamed in part on time lost after a crane operator employed by one of the construction contractors was killed last Oct. 11, 2011. That job site was closed until February this year.

The Ontario Ministry of Labour has laid four charges against OHL-FCC GP Canada Inc. in connection with the death of Kyle Knox, 24.

Utility relocation has also been more complex than anticipated and "was further compounded by slow response by non-municipal controlled utilities," according to a report before the Toronto Transit Commission on Wednesday.

But some of the contractors and sub-contractors responsible for tunneling were also slow to get off the mark, says the report.

The TTC has said that the original 2015 opening would be tight. TORSTAR NEWS SERVICE

The groundbreaking ceremony for the Spadina subway extension occurred on Nov. 27, 2009, with Vaughan mayor Linda Jackson, left, Toronto mayor David Miller, centre, and TTC chair Adam Giambrone, right. All three are long gone from office, but the subway's opening remains four years off. TARA WALTON/TORSTAR NEWS SERVICE

New safety concerns

Gardiner is safe: Mayor Ford

Mayor Rob Ford is concerned that city staff failed to tell his office that an outside engineering firm had discovered serious safety concerns with the Gardiner Expressway, but he maintains the highway is safe and should not be torn down. "I believe it's safe ... I'm not tearing down the Gardiner," Ford told reporters at a Monday morning news conference.
TORSTAR NEWS SERVICE

Patios, public squares

City closer to new smoking ban

The City of Toronto is a step closer to banning smoking on restaurant and bar patios, as well as public squares, the butt-littered entranceways to public buildings and all hospital grounds.

The health board voted unanimously Monday to launch consultations on extending the current ban for the first time since 2009.
TORSTAR NEWS SERVICE

AGO defends unibrow use in Kahlo exhibit

Opening week. Some artists and gallery goers claim personal Frida brows are disrespectful

JESSICA SMITH
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The Art Gallery of Ontario is defending its photo booths that take "Frida (Kahlo) inspired self-portraits" of people wearing fake unibrows after push-back from a few gallery-goers who say it was disrespectful.

The AGO set up the booths on Friday and Saturday to draw attention to its new Frida & Diego: Passion, Politics and Painting exhibition. Passersby were asked to put on the thick, black, worm-like unibrow, take a picture and get 50 per cent off admission to the exhibition on Oct. 27.

Some weren't happy with the marketing initiative, and a few people posted their disagreement on Facebook and Twitter.

"I'm not opposed to everyone having fun, it's just that when I opened it and saw it I was kind of shocked," interior designer and part-time artist Patricia de Liberato told Metro. She had spoken out against the move on the AGO's Facebook page. "I just thought it was in terribly poor taste."

Rob Featherby and his daughter Larissa, 9, "Frida" themselves with their own personal unibrows Saturday in the Distillery District. The AGO set up photo booths in the Distillery District to get people in the spirit for the opening this week of Frida & Diego: Passion, Politics and Painting. VINCE TALOTTA/TORSTAR NEWS SERVICE

De Liberato said she felt it made light of Kahlo's importance as a woman and artist. The unibrow used in the booths is much thicker and uglier than Kahlo's, she added.

AGO marketing director Steve Rayment said the unibrow issue was well-researched and done out of respect for Kahlo's unique beauty.

"One of the things we understood is she was quite proud of her appearance, she never shied away from it," he said. "We have a quote from her own journal, she wrote, 'of my face, I like my eyebrows and eyes.'"

The photo booths were meant to introduce younger adults to the art gallery and the Frida & Diego exhibition, he said.

"It's similar to Salvador Dali's iconic moustache — we wouldn't shy away from using that either," said Rayment. "It's in no way disrespectful. We're the Art Gallery of Ontario, we cherish artists and we understood from our knowledge of the artist that she embraced her physical look and we could do so too without any disrespect."

Iconic facial hair

Unibrow is part of her persona: Curator

The curator of the AGO's Frida & Diego exhibition says Kahlo painted herself in portraits with a pronounced unibrow as a sign of her love of life and sense of humour.

"In fact, Frida Kahlo didn't have eyebrows that meet in the middle," said curator Dot Tuer. "In some of her self-portraits, she accentuates this feature as part of a larger artistic strategy Kahlo employs to create a striking persona for herself."

Kahlo's persona includes her wearing indigenous dress, surrounding herself with exotic animals and wearing elaborate jewellery.

Self-Portrait with Cropped Hair by Frida Kahlo. CONTRIBUTED

Officials look to radical, positive obesity solutions

It's a big, fat problem for public health officials. But Peel Region has decided to stop counting calories and start shedding the guilt as it confronts ballooning obesity rates with some radical new medicine.

Instead of scolding people to eat right and exercise, the region wants its planners and policy makers to start designing communities that intrinsically promote healthier living — with more stairs, transit, enticements to walk or cycle, and easier access to healthy food.

It's a tough proposition even in densely populated places like downtown Toronto, but presents particular challenges in sprawling, low-density communities such as Mississauga, Brampton and Caledon, say Peel public health officials.

"Sure, it's a challenge in the suburbs but it's not going to get any better if we don't get everybody in the same room and try and figure it out," said Gayle Bursey, the region's director of chronic disease and injury prevention. We have engineered the physical activity out of our busy lives, says Dr. David Mowat, Peel's medical officer of health. TORSTAR NEWS SERVICE

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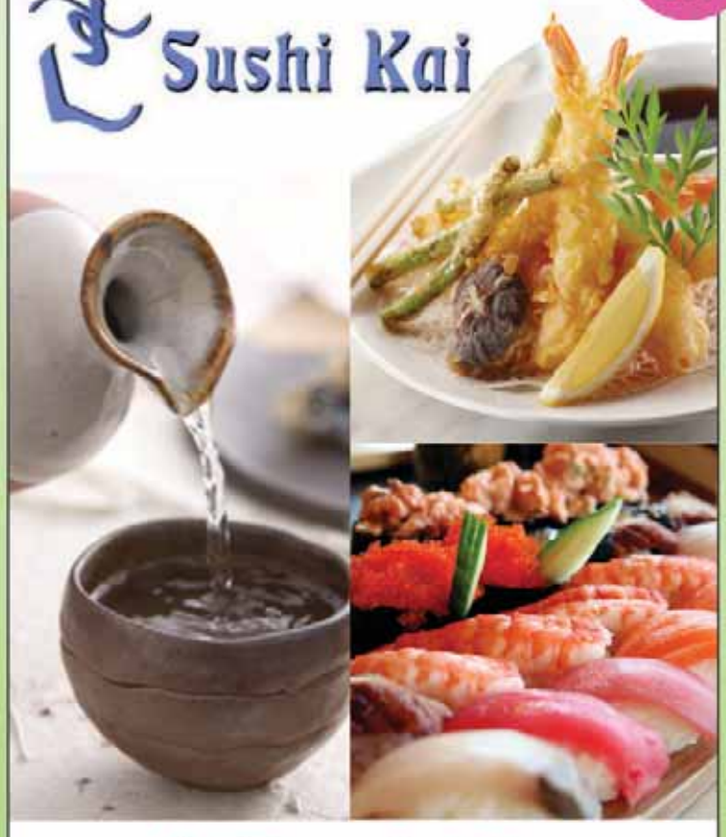

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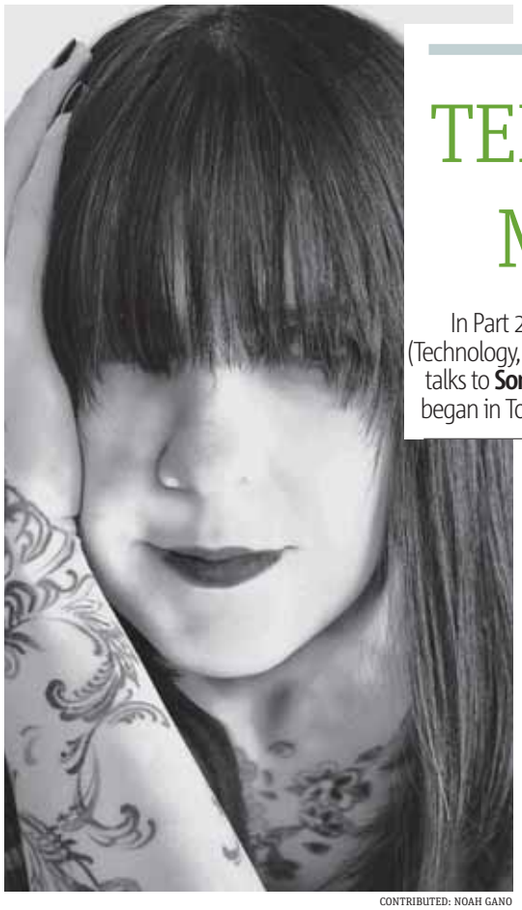

CONTRIBUTED: NOAH GANO

TEDX: SLUTWALK MARCHES ON

In Part 2 of our five-part series leading up to the fourth TEDx (Technology, Entertainment and Design) conference in Toronto, Metro talks to **Sonya JF Barnett**, co-founder of the SlutWalk protests that began in Toronto and have since been held in 200 cities worldwide

Incensed when a Toronto police officer admonished women to "avoid dressing like sluts in order not to be victimized," Sonya JF Barnett and her friend Heather Jarvis took to the streets with SlutWalk — a 3,000-strong demonstration — in April 2011. But what they thought would be a one-time march against victim-blaming has become an annual international demonstration.

When you held the first SlutWalk, did you have any idea it would become an annual event, or this big?

We had absolutely no idea how big it would become. We really only thought it would be a small event, isolated to Toronto, for only the one incident that sparked the whole thing. That people have picked it up and run with it is incredible to us.

What is your response to people (including within your own movement) who object to the term "slut," i.e., who say that it sexualizes women or is misogynistic?

We've always said that no one had to accept that label to promote the truth that sexual assault has little to nothing to do with a person's appearance.

For many, it has been used to denigrate and dehumanize, but it has also been a base of empowerment for others. Everyone has their own experience with it, and they will deal with it based on their own comfort levels. Some want to destroy it, some want to own it. Whatever they do with it is up to them.

We wanted to analyze the use of language and show that people can take labels and turn them on their heads.

Do you feel SlutWalks have accomplished your original aims?

We think that SlutWalks have accomplished way more than the original aim. Different conversations about sex, identity, race, religion and politics have arisen and we're soaking it all in.

I can't believe how much I've learned in the last year, and I'm all the better for it.

There have been times when we would get hurtful emails full of such vitriol that I cried every day for about seven weeks straight. But it showed us that what we were doing was necessary.

Then there's the other side of the coin, where I'd open up an email and someone had poured their heart out over a painful personal experience and how SlutWalk made them feel human again. That was confirmation that we were doing a good thing.

If you could spend one hour chatting with a person in history, who would you choose?

Abraham Lincoln. He's been a source of fascination for me this summer. Partly because of his convictions against slavery.

What do you think is the greatest challenge feminism faces today?

In-fighting. With so many facets to the movement, it can be difficult to have discourse when some people don't fit into others' ideas of what a "good" feminist is.

KATHY ULLYOTT/FOR METRO

TEDx Toronto

Sonya JF Barnett is one of 17 featured speakers at Friday's TEDx Toronto, which aims to share "ideas worth spreading." To learn more, go to tedxtoronto.com.

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Jobs project gets celeb boost in Haiti

Actor Sean Penn and model Petra Nemcova at the opening of the new Caracol Industrial Park in Haiti on Monday. LARRY DOWNING/THE ASSOCIATED PRESS

Industrial park. Hillary and Bill Clinton encouraged investment in the project and the impoverished country

U.S. Secretary of State Hillary Rodham Clinton encouraged foreigners to invest in Haiti as she and her husband Bill led a star-studded delegation gathered Monday to inaugurate a new industrial park at the centre of U.S. efforts to help the country rebuild after the 2010 earthquake.

Actors Sean Penn and Ben Stiller, fashion designer Donna Karan and British business magnate Richard Branson were among the luminaries at the opening of the new Caracol Industrial Park, which is projected to create thousands of jobs more than 100 miles from the quake-ravaged capital of Port-au-Prince.

Hillary Clinton told a roomful of investors gathered for a luncheon that she had made Haiti a priority when she became secretary of state.

"We had learned that supporting long-term prosperity in Haiti meant more than providing aid," she said. "It required investments in infrastructure and the economy that would help the Haitian people achieve their own dreams.

"So we shifted our assistance to investments to address some of the biggest challenges facing this country: Creating jobs and sustainable economic growth," she added.

Optimistic

"We don't have a lot of employers here and we're talking about several hundred thousand jobs."

Jean Cherenfant, mayor of Cap-Haitien

Earlier Monday, thousands of Haitians lined the roadway to wave at her motorcade as it wound its way from the airport. Hillary Clinton and other U.S. officials, including Labor Secretary Hilda Solis and Sen. Patrick Leahy, toured a housing development for industrial-park workers supported by the U.S. Agency for International Development. Secretary Clinton noted there were three presidents there: her husband Bill, Haitian President Michel Martelly and his predecessor Rene Preval. THE ASSOCIATED PRESS

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Man on a mission: On call and loving every Mars minute of it

Search for life on Mars. Physicist's life on Earth consumed by project

AMBER SHORTT
Metro in Toronto

The vows had been said and the pictures taken, but when it came time to crack open the kegs the best man, and the person responsible for getting the beer flowing, couldn't be found.

That's because Nick Boyd, a 29-year-old physicist from Picton, Ont., had slipped away from his brother's wedding reception to attend to the one thing more demanding than a tent full of thirsty guests: The Mars rover Curiosity.

"A few people came to hurry me along," said Boyd, the operations lead for the team managing the day-to-day functions of the Alpha Particle X-Ray Spectrometer, the Canadian-built instrument on the rover. He had to build a file to send back to NASA's Jet Propulsion Laboratory in California, where he's spent the last three months working with scientists from around the world conducting experiments on Mars.

"It consumes your whole life for this early period," said Boyd, adding the mission, officially called the Mars Science Laboratory, has so far gone "amazingly smoothly."

"You'll do whatever it takes to make the mission go well."

Boyd has devoted the bulk of his professional life, the last six years, as part of the University of Guelph team that developed the APXS, one of 10 instruments carried by Curiosity. It identifies the chemical composition of Martian rock and soil — information geologists are using to determine whether Mars was ever able to support life.

He said he still finds it surreal to be communicating with the machine on another planet.

"It was never a given that we were going to land safely," said Boyd, thinking back to the knot in his stomach on the Aug. 5 landing day. He said all he could think was "it's my career that's strapped to that car with a jet pack."

But after the landing crew "won the biggest game of their lives," Boyd only nabbed a couple hours sleep before his work began.

Since then, the tactical team has been working in two shifts on "Mars time" to ensure it gets the most out of Curiosity.

The first shift analyzes the data that comes back from the rover and creates a plan for Curiosity's next day. The second shift then takes the plan and turns it into a series of sequences that are transmitted to "drive" the rover.

Quoted

"We're taking a very, very big role in this mission ... and it's something that everyone should be able to take some pride in."

Nick Boyd, on Canada's involvement in the Mars Science Laboratory mission.

"Every day is determined by the morning on Mars"

Since a Martian day is 40 minutes longer than Earth's, the team's shifts change by 40 minutes daily. Boyd likens it to being persistently jet lagged, and said he often forgets to eat and has to recalculate every day whether he'll get stuck in rush hour.

"You can tell when we're in a time period that doesn't line up with Earth," said Boyd, noting tempers at the lab get a little shorter.

However NASA has a way to make sure cooler heads prevail: A giant freezer kept full of Drumsticks and ice cream sandwiches.

"It's considered to be a very good investment in the general sanity of the team," Boyd said.

Nick Boyd stands in front of the test bed rover at NASA's Jet Propulsion Laboratory in Pasadena, Calif. The physicist with the University of Guelph has spent the last three months working with hundreds of scientists to conduct tests on Mars. CONTRIBUTED

Transition back to Earth

Starting next month, the team will continue their work from their home labs. The mission is projected to last roughly two years, but Boyd is cautious when talking about how long Curiosity will operate.

"It's not a good idea to make predictions of mission lifetime," he said, though he notes NASA's previous rovers that launched in 2003, Spirit and Opportunity, outlived their mission timelines. Spirit made it six years, and Opportunity is still going.

Mars, however, hasn't been an easy expedition. Roughly two-thirds of Mars missions since the 1960s have failed.

But whether it's another day or a decade, Boyd plans to soak up every moment on the Red Planet.

"I tell people I'm in Year 5 of a five-year plan," he said. "I'm definitely enjoying the fruits of my labour."

Curiosity

A ton of fun on the 4th rock from the sun

Every movement of the Mars rover could be its last, which is why each day's operation is determined by the one before it, said Boyd.

"There's no chance to fix an instrument once it's gone to Mars," he said, adding a slip in the sand could cost an entire day. Because of that, calculations must to be tested and retested on a stunt-double rover at JPL's simulated Mars field — something Boyd said is serious work, but also "like a little boy's dream play date."

"My job is a ton of fun. I get to play with a lot of great toys and work with a lot of great people," he said. Though he said it can get him into trouble when he gets so caught up with robots that he forgets to call his wife, Allison, who is back in Guelph and pregnant with the couple's first child.

AMBER SHORTT/METRO IN TORONTO

By the numbers

567M Curiosity landed inside Mars' Gale Crater at the base of Mount Sharp on Aug. 5 after travelling 567 million kilometres.

899 Curiosity rover weighs 899 kilograms, and is powered by a multi-mission radioisotope thermoelectric generator and lithium-ion batteries.

98 The Mars Science Laboratory primary mission is projected to last 98 weeks — or one Martian year. *Courtesy NASA*

COURTESY NASA

Mars. APXS big deal for Canadian science

Iain Campbell, APXS co-investigator at the University of Guelph, said the instrument has already analyzed several rocks and soil samples on Mars.

"Everyone on this mission is very, very excited," he said, noting that a less advanced version of the APXS was on the Spirit and Opportunity rovers. Those missions found evidence that Mars had once contained water, and Campbell is optimistic that Curiosity will be able to top those findings.

Iain Campbell

"Will these discoveries be the remnants of carbon-based life-forms? I don't know," he said. "But I hope it will be."

Campbell said the mission is also an important one due to the current concerns on climate change. He said Mars transitioned from being alkaline-based to more acidic billions of years ago, and scientists hope to figure out what caused that change. He said the landing site was chosen partially because it contained rocks with layering that represented both environments.

As for the next project, Campbell said the U of G team, lead by principal investigator Ralf Gellert, is already working ahead on the next generation of the APXS.

"It's a big thing for Canadian science," said Campbell, noting the current $2.5-billion mission is the largest exploration expedition is history. "If you want to play in the big leagues … Canada is there."

NASA's Curiosity rover aimed two instruments to study a rock known as 'Jake Matijevic.' The red dots are where the Chemistry and Camera (ChemCam) instrument zapped it with its laser. The purple circles indicate where the Alpha Particle X-ray Spectrometer trained its view. MSSS/JPL-CALTECH/NASA/AFP/GETTY IMAGES

Obama, Romney face off in final debate

Third round. Tied in the polls, candidates tussle over foreign affairs in last U.S. presidential debate

U.S. President Barack Obama fiercely defended his record on foreign policy on Monday in his third and final debate against Mitt Romney, a showdown with sky-high stakes just two weeks until election day.

"My first job as commander-in-chief is to keep the American people safe, and that's what we've done over the last four years," Obama said, citing his administration's decision to end the war in Iraq, to hunt down al-Qaida operatives and to kill 9-11 mastermind Osama bin Laden.

In their latest debate in Boca Raton, Fla., Obama wasted no time taking aim at Romney's often inconsistent record on foreign policy, pointing out his rival for the White House once said Russia was America's biggest geopolitical foe and called for troops to remain in Iraq.

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International focus

Foreign affairs took centre stage at the final debate.

- **Romney.** He and his fellow Republicans have criticized the Obama administration's response to a September attack on the U.S. consulate in Benghazi, Libya, that killed the ambassador and three other Americans. Romney has little foreign affairs experience.
- **Obama.** Foreign policy is generally seen as Obama's strength. He gave the order leading to the killing of terrorist leader Osama bin Laden and fulfilled a promise to withdraw U.S. troops from Iraq.

A woman walks past a television at a restaurant in Cambridge, Mass. on Monday showing the third U.S. presidential debate between Republican presidential candidate former Massachusetts Gov. Mitt Romney and President Barack Obama.

CHARLES KRUPA/THE ASSOCIATED PRESS

Earthquake

Expert convictions 'sad day for science'

In a verdict that sent shock waves through the scientific community, an Italian court convicted seven experts of manslaughter on Monday for failing to adequately warn residents of the risk before an earthquake struck central Italy in 2009, killing more than 300 people.

The defendants, all prominent scientists or geological and disaster experts, were sentenced to six years in prison.

Earthquake experts worldwide decried the trial as ridiculous, contending there was no way of knowing that a flurry of tremors would lead to a deadly quake.

"It's a sad day for science," said seismologist Susan Hough, of the U.S. Geological Survey in Pasadena, Calif. "It's unsettling."

That fellow seismic experts in Italy were singled out in the case "hits you in the gut," she said.

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Criticism

Baird slams Iran, Syria at event

Foreign Affairs Minister John Baird abandoned host-country niceties Monday as he levelled a blistering attack against the human rights records of Iran, Syria and Uganda before some 1,400 international parliamentarians gathered for the Inter-Parliamentary Union in Quebec.

Iranian and Ugandan delegates at the IPU assembly, including the African nation's Speaker of Parliament, protested Baird's remarks, accusing the minister of meddling in their sovereign affairs at a collegial forum.

Even though the Conservative government has cut off diplomatic relations with Iran and Syria in particular, it could do little to stop the presence of legislators from those countries at the 127th conference of the IPU, which Canada is hosting this year.

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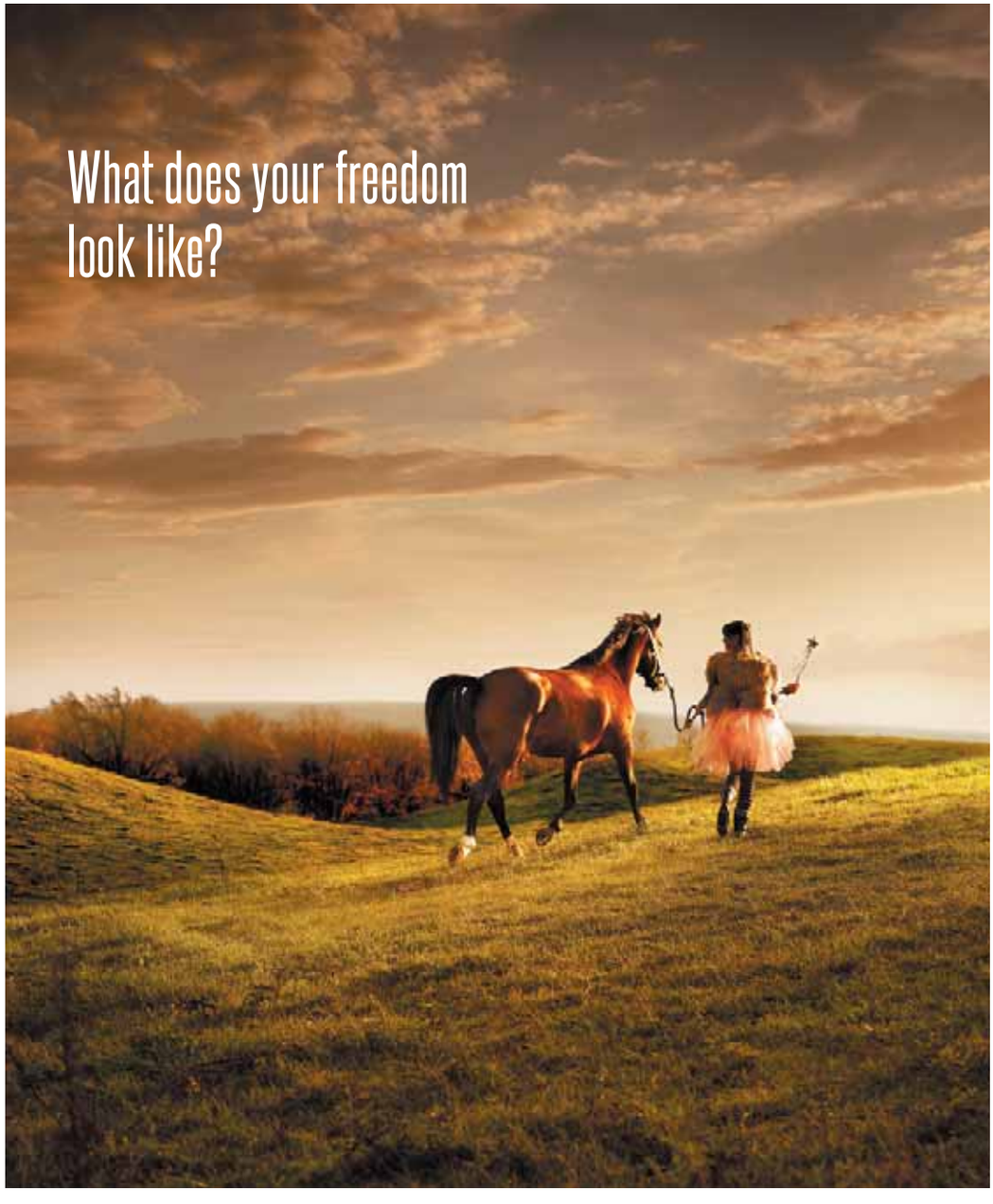

Federal parties differ on how best to revamp Indian Act

Call for consultation. Liberal leader says Tory-tabled update to existing legislation was drafted without input from First Nations

A debate about whether to repeal the centuries-old Indian Act is back before the House of Commons.

Last week, the Conservatives moved forward with a private members' bill that would delete several sections of the act as a start towards fully dismantling it.

Now, the Liberals have introduced their own motion calling for talks with First Nations to replace the old legislation with something better suited to current realities.

The motion introduced by interim Liberal leader Bob Rae calls the existing legislation an embodiment of failed colonial and paternalistic policies.

Rae says it creates a barrier to economic and social development for First Nations and needs to be dismantled.

He says the Conservative bill was drafted without consultation with First Nations communities, while his own motion is the product of extensive talks.

Conservative MP Rob Clarke, who sponsored the bill, says it's based on his discussions with aboriginal leaders.

THE CANADIAN PRESS

Since 1876

- The Indian Act came into effect in 1876 and sets out the terms of the relationship between the federal Crown and First Nations.

A display of dismay

Protesters opposed to the Northern Gateway pipeline take part in a mass sit-in in front of the British Columbia legislature in Victoria on Monday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Lockout Kills Dreams

A plea to the NHL

A man in Alberta who wants to watch one last hockey game with his dying father is pleading on YouTube for an end to the NHL lockout. The video, NHL Lockout Kills Dreams, has been viewed nearly 50,000 times since it was posted last Thursday.

John Dick planned to spend the last couple months of his dad's life watching hockey from a hospital room in Leduc, south of Edmonton. He says his dad is dying of throat cancer and the effects of medication make him forget why they can't turn on the game. THE CANADIAN PRESS

Meaty issue

Politico de-tweets

Alberta's Opposition leader, Danielle Smith of the Wildrose party, says it was a mistake for her to tweet that properly cooked tainted meat could feed the homeless.

Smith told an open-line radio show that if you can't explain your position in 140 words on Twitter, you shouldn't try. On the weekend, Smith went on Twitter to suggest meat that had to be recalled by XL Foods in Brooks, Alta., could be cooked to destroy E. coli bacteria and then fed to "the hungry." The company will dump the meat in a landfill, and Smith now agrees that's a better option.

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Ways to Pay off a Mortgage Faster

Become mortgage-free sooner with these tips.

There are several ways to reduce your mortgage debt and pay-off your mortgage faster. Some of these variables include: interest rates, payment frequency, amortization period, and extra payments. By managing these factors, you can get the most out of your mortgage, pay the least amount of interest possible and most importantly, becoming mortgage-free.

Choose a shorter amortization period: The longer the amortization period, the more interest paid and the longer it will take to become mortgage-free. A shorter amortization period will make regular mortgage payments higher, as the number of mortgage payments is being reduced. If you're able to afford higher monthly payments, consider selecting a 15 to 20-year amortization period instead of a 25-year period.

Bi-weekly payments: Selecting biweekly mortgage payments instead of monthly or bi-monthly payments equals two additional payments each and every year. This may not seem like much, but over the course of your mortgage it adds up. For a small change, biweekly payments produce big results.

Additional payments: Paying more on your mortgage is always a good idea; particularly since any additional payment will go directly towards paying off the principle and not toward interest – which immediately and significantly reduces your amount owing. Look for mortgages that allow you to increase your monthly payment or pay in lump sums. Many mortgages allow this annually to a maximum of 20% of the principle. If you also need to build up you retirement fund then consider contributing all you are able to your RRSP and using your tax refund towards your mortgage for double the benefit.

Refinance: As mortgage rates fluctuate, consider refinancing your mortgage to lower your payments and reduce the amount of interest. While refinancing, it may be a good time to reduce the amortization period and save even more.

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Leaflets floated into North Korea causing tension

Tinderbox. North Korea's military says it will strike if activists send balloons with anti-Pyongyang messaging

South Korean activists floated balloons carrying tens of thousands of anti-Pyongyang leaflets into North Korea on Monday, eluding police who had disrupted an earlier launch attempt due to threats from North Korea.

North Korea's military warned last week that it would strike if the South Korean activists carried through with their plan to fly balloons carrying the propaganda leaflets across the border. South Korea pledged to retaliate if it was attacked. South Korean police, citing security concerns, had sent hundreds of officers Monday to seal off roads and prevent the activists and other people from gathering at an announced launch site near the border.

North Korean defector Park Sang-hak hurls anti-North Korea leaflets near the border. D AHN YOUNG-JOON/AP

Residents in the area were also asked to evacuate to underground facilities.

Later in the day, some of the activists, mostly North Korean defectors, moved to another site near the border that was not guarded by police and carried out the launch of the balloons. South Korea's Defence Ministry said it was closely monitoring North Korea's military movements.

Before taking action Monday, the South Korean government had implored activists to stop their campaign, but had cited freedom of speech in not making a further intervention.

South Korean activists have in the past sent leaflets across the border, and North Korea has issued similar threats to attack without following through.

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U.K. puts 3 men on trial over bomb plot

Terror cell. Suspects among group of men and one woman arrested in September 2011 in English city of Birmingham

Three young British Muslim men went on trial in London on Monday, accused of plotting to set off multiple bombs in terrorist strikes.

Prosecutors allege the men, fired up by the sermons of a U.S.-born al-Qaida preacher, hoped to cause carnage on a mass scale. But their plot was undone by mishaps with money and logistics, and ended in a police counterterrorism swoop last year.

Prosecution lawyer Brian Altman told a jury that Irfan Khalid and Ashik Ali, both 27, and 31-year-old Irfan Naseer, were central players in a plan to mount a terrorist attack "on a scale potentially greater than the London bombings in July 2005."

Suicide attack?

"One of them was even to describe their plan as 'another 9-11.'"

Prosecution lawyer Brian Altman, accusing the three men of being key figures in a plan to detonate up to eight knapsack bombs in a suicide attack

Fifty-two commuters were killed when four al-Qaida-inspired suicide bombers blew themselves up on London's bus and subway network on July 7, 2005.

Altman said the trio were the senior members of a home-grown terror cell inspired by the anti-Western sermons of U.S.-born Islamist cleric Anwar al-Awlaki, who was killed in Yemen in September 2011.

THE ASSOCIATED PRESS

Three British Muslim men, from left, Irfan Naseer, Irfan Khalid and Ashik Ali are on trial in London, accused of plotting a bombing campaign.

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Gaza militants. Three killed in Israeli airstrike in response to mortar fire

Israeli aircraft struck the northern Gaza Strip on Monday, killing three Palestinian militants after mortar attacks targeted Israeli troops earlier in the day, officials said.

The Islamic militant group Hamas that rules Gaza said in a text message to reporters that one of the men was a member of its military wing. Another Palestinian group, the Popular Resistance Committees, said in an email that the second man was from its ranks. Gaza health official Ashraf al-Kidra said a third man later died of wounds sustained in the airstrike. He did not know if he was a militant or not.

The Israeli military said aircraft attacked rocket squads following mortar fire on military patrols. Also, several rockets were fired at communities in southern Israel, causing no casualties, the army said.

Prime Minister Benjamin Netanyahu said the rocket fire from Gaza would not go unpunished.

THE ASSOCIATED PRESS

Tensions rise over killing

Antoine, top photo, kisses his son Joseph Naimeh in Beirut on Monday. The six-year-old was rescued from the carnage, bottom photo, caused by a car bomb that assassinated Brig. Gen. Wissam al-Hassan on Friday in Beirut's mostly Christian neighbourhood of Achrafiyeh. Lebanese soldiers in armoured vehicles fanned out across the country on Monday to break down civilian roadblocks and chase gunmen off the streets as tempers flared over the killing of the top intelligence official who was a powerful opponent of Syrian involvement in Lebanon. HUSSEIN MALLA/THE ASSOCIATED PRESS

Kurt Busch, driver of the No. 54 Monster Energy Toyota, takes a sip during NASCAR qualifying competition in Richmond, Va., in September. Monster Energy is being investigated in California after reports of five deaths and a heart attack that may be linked to the company's highly caffeinated beverages. PATRICK SMITH/GETTY IMAGES FOR NASCAR

Energy-drink maker under scrutiny after recent deaths

Caffeine boosters. Monster Beverage Corp. denies products were responsible for fatalities

The U.S. Food and Drug Administration says it's investigating reports of five deaths and a non-fatal heart attack linked to highly caffeinated Monster Energy drinks.

The agency acknowledged the adverse reports Monday, but FDA spokeswoman Shelly Burgess says they don't prove that the drinks caused the deaths.

The news follows last week's filing in California of a wrongful-death suit by the parents of a 14-year-old Hagerstown, Md., girl who died after drinking two 24-ounce Monster Beverage Corp. drinks in 24 hours.

An autopsy concluded she died of cardiac arrhythmia due to caffeine toxicity. She had an inherited disorder that can weaken blood vessels.

Monster says it doesn't believe its products caused any deaths.

Shares of the Corona, Calif.-based company plunged $7.20 US, or 13.5 per cent, to $46.12 in trading Monday.

THE ASSOCIATED PRESS

Gaza-bound ship

Family urges feds to help get ex-MP out of Israeli custody

The family of a former New Democrat MP who was arrested on board a ship trying to break through Israel's blockade of Gaza is asking the federal government to help secure his release.

Jim Manly, who is also an ordained United Church minister, was travelling with several European legislators and pro-Palestinian activists when he was taken into Israeli custody over the weekend.

The 79-year-old was on the Finnish-flagged MV Estelle to draw attention to what he called the struggles of the Palestinians living in the Gaza Strip. The vessel was reportedly carrying aide supplies when it was intercepted.

Foreign Affairs says it is monitoring the situation closely and has been in contact with Manly's family.

THE CANADIAN PRESS

Ashley Smith

Legal battles hampering probe into teen's cell death

The labyrinthine probe into the 2007 cell death of troubled teenager Ashley Smith at the Grand Valley Institution in Kitchener, Ont., resumes Tuesday amid legal wrangling over the scope of the inquest and whether the public can see disturbing surveillance videos.

The wrangling, which has resulted in numerous motions, is again threatening to derail the inquest, which was scheduled to begin hearing evidence in January.

Federal correctional authorities threw the latest curve ball by calling on presiding coroner to ban public disclosure of videos of Smith's treatment.

Julian Falconer, who speaks for Smith's family, blasted the government's position as a "state cover-up." THE CANADIAN PRESS

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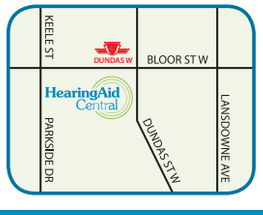

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iPad mini?

Canuck bloggers have inside scoop on Apple launches

On Tuesday, the world's attention will turn to California, where Apple is set to make a product announcement that's expected to concern a smaller, more mobile 20-centimetre iPad.

In the high-stakes world of Apple rumour-mongering, two Canadian bloggers have built sterling reputations for accurately revealing details about new iPhones and iPads well before the company does.

It was five months ago that Montreal-based Rene Ritchie forecasted Apple would release its new "iPad mini" this month for between $200 to $250. Past posts on his iMore.com site accurately reported details about the iPhone 4S, the iPhone 5 and the "new iPad" before Apple made its official announcements.

Jim Dalrymple, who co-runs the website The Loop from his home office outside Halifax, is another Canadian who is looked to for Apple scoops.

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Market Minute

DOLLAR 100.75¢ (+0.07¢)

TSX 12,403.54 (-12.44)

OIL $88.73 US (-$1.32)

GOLD $1,726.30 US (+$2.30)

Natural gas: $3.452 US (-16.5¢)
Dow Jones: 13,345.89 (+2.38)

Developing a mobile continent

Kumasi, Ghana.
When it comes to cellphone culture, Africa is leapfrogging the West — and young techies are churning out apps to take advantage of it

ELISABETH BRAW
Metro World News in London

Developers work at a technology hub in Addis Ababa, Ethiopia. The hub, called iceaddis, has 500 members and has spawned three companies. GLYN RILEY/METRO

At Kwame Nkrumah University of Science And Technology (KNUST) in Kumasi, Ghana, women carrying baskets of food on their heads walk past students going to class. From inside a sleek campus Internet café, Godwin Amefia, 21, runs his own mobile app company.

"I realized that students weren't told about schedule changes, so I created a mobile app for it," he explains. His company, mNotify, now has five employees and features a range of apps for churches, schools and businesses.

Amefia belongs to mFriday, a technology hub at KNUST whose members get together every Friday to trade business ideas. Welcome to the Silicon Valley of Ghana. "This is part of a whole new movement in Africa," observes founder Bobby Okine. "People want to do something that will be recognized."

It's obvious why young Africans see a future following in the footsteps of Bill Gates and Steve Jobs — by remaining in Africa. Seventy three per cent of Africans now have a mobile phone, compared to just four per cent 10 years ago.

The figure is expected to rise to 85 per cent by 2015, according to research firm Royce Funds. Indeed, in its mobile-phone culture Africa is leapfrogging the West.

"Africa is the future," says Jesse Ofori, 21, another young KNUST student with his own technology firm. "You can go to the U.K. or U.S. to start a technology company, but most things have already been done there. Here, there are more opportunities. Every last banana seller has a mobile phone, and we can capitalize on that." Indeed, at Kumasi's rudimentary airport posters advertise mobile banking services.

"Young Africans are realizing that you can have a laptop and make a lot of money," observes Okine.

"They're well-informed, and they're aware of Africa's problems. We say, 'Why not create an app to solve some of those problems?' People want things to change, and they want to make money."

Top five African apps

- **Saya:** Smart-phone messaging, Facebook and chat apps for low-end devices.
- **iCow:** Alerts farmers to vital periods in their cows' gestation period. Also helps farmers find the nearest vet.
- **mNotify:** Bulk SMS service for universities, companies and other organizations.
- **mPedigree:** Patients can text information about medicine they've been given, getting an SMS message back informing them whether the medicine is counterfeit.
- **BudgIT:** Users text the service with requests for particular data about Nigeria's budget, and receive information back by SMS.

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Time to pay it forward: Dragon finds new way to help entrepreneurs

Startup assistance. Arlene Dickinson is launching venture that will both invest and offer lifestyle support

Dragons' Den and The Big Decision star Arlene Dickinson poses in her Toronto office. On Monday, she announced the launch of a media and investment venture designed to help entrepreneurs. TARA WALTON/TORSTAR NEWS SERVICE

Dragons' Den star Arlene Dickinson is expanding her portfolio with a new company dedicated to serving entrepreneurs.

Arlene Dickinson Enterprises aims to invest in the self-employed while also providing lifestyle support through a magazine and website under the YouInc. Banner, which has the tag line "When life is work."

"As the economy started to shift a few years ago, I started to really understand even more the importance of entrepreneurs in our economy and I really felt that as a group we are underserved," said the CEO of Venture Communications, who also appears on business reality show The Big Decision.

"People either spoke to us from a professional viewpoint, or from a personal viewpoint, but what they never really understood was that an entrepreneur was kind of this whole being. It is a lifestyle choice, it is who you are. And there really wasn't a voice that was capturing the entrepreneurial lifestyle. What I wanted to do was create a media content company that would really start to entertain, inform and educate entrepreneurs."

The investment side of her new venture, which includes partnerships with Kirchner Private Capital Group and Torstar-owned Metroland Media Group Ltd., will solicit entrepreneurs in search of funding. TORSTAR NEWS SERVICE

Quoted

"I've invested significant dollars in this because I believe so deeply in it. It is to me a calling as much as it is, 'How do I make money on this?' " Arlene Dickinson

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Frustrated scientist develops pain reliever for ailing wife. Bobby Orr speaks up to help people in pain.

In 2007, pain medications had failed to help Dr. Joseph Gabriele's wife get out of bed for more than a year. As a respected specialist in molecular pharmacology, Gabriele was forced into his laboratory outside the university in pursuit of developing a pain reliever that would relieve Sue's exhausting struggle for peace and comfort.

The ***natural pain reliever*** he created is now known as LivRelief.

Gabriele understood he must follow his moral compass in order to help others overcome pain; particularly those who had given up hope.

Dr. Gabriele asked himself - *What athlete has impeccable integrity; suffers pain from severe injuries; and is sensitive to helping others?*

Bobby Orr was the ideal candidate. Orr has two artificial knees. Six surgeries and chronic pain cut short his career. With little-to-no downside, Orr skeptically agreed to sample LivRelief.

"After three weeks, I went to my wife Peggy and said "Could this be in my head? She said let me try this on my elbow. A few days after that she came back to me and said do you have any more of that stuff?" Orr gave LivRelief to his sister who has arthritis in her hands, and also to his nephew and his golf pro. Two years have since passed.

"The results have been incredible. I would recommend it to anyone suffering in pain"

Now, ***retail stores*** across Canada and the United States are ***stocking up on LivRelief Pain*** Relief Cream and ***LivRelief Nerve Pain Relief.*** Priced at $30.

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Bobby Orr speaks up to help other people discover pain relief. Please speak up too. **PLEASE SHARE** your opinion and experience at **www.livrelief.com**

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TEN THINGS TO STOP WORRYING ABOUT RIGHT NOW

SHE SAYS...
Jessica Napier
metronews.ca

Lately, I've been thinking about how much time I waste fretting about entirely inconsequential things. We tend to allow trivial concerns — our follower count on Twitter, looking good at the gym — to occupy our minds instead of directing our time and energy to more important pursuits. No more, dear readers, no more. If you worry about any of these things, you need to laugh at yourself immediately, then stop.

1 Who will get kicked off next week's episode of The Bachelor Canada. Dedicating any brain cells to worrying about reality-TV relationships is ridiculous when we all know these showmances only last about 10 minutes after the cameras stop rolling.

2 Running into someone while wearing the exact same outfit you wore yesterday. Sometimes we buy new clothes and like to wear them two days in a row and that's OK, everyone, because we all do it.

3 Purchasing embarrassing drug store items. Because at 27 years old, I shouldn't blush uncontrollably every time I need to pick up a box of tampons.

4 Your dress size. Not because having a healthy body isn't important, but because clothing manufacturers are increasingly making these numbers up and arbitrarily assigning digits for vanity (or shame) sizing purposes.

5 Being alone in a public place. Stop eyeballing your iPhone every five seconds; everyone else is far too self-involved to notice you sitting by yourself at a restaurant.

6 Whether or not the other people on the bus are judging your reading materials. Reading 50 Shades of Grey on public transit is about as scandalous as wearing a turtleneck while watching a PG-rated film.

7 Thinking up an original Halloween costume. It's not going to happen, no matter how unique or creative you think you are — someone else is going to do the same thing, and they're probably going to do it better than you.

8 Why your newly engaged friend didn't pick you to be a bridesmaid/groomsman. Instead of fretting about not being included, think about what you're going to do with the hundreds of dollars you'll save.

9 Whether your stuff "matches" with your other stuff. Making sure your furniture/nail polish/shoes are the correct shade of Pantone tangerine is a quintessential example of the "small stuff" you should not sweat.

10 How many calories are in this? If you have to think about it then you already know the answer is probably too many.

Follow Jessica Napier on Twitter @MetroSheSays

Wondering what shade to choose? Here's a tip: No one actually cares. FLICKR

7 wins — those never happened

GETTY IMAGES

Doping

Icon loses Tour de France titles

There was an Armstrong, Neil, who walked on the moon and another, Louis, who sang sweet jazz. But Lance Armstrong, seven-time Tour de France winner?

That never happened.

"He deserves to be forgotten in cycling," Pat McQuaid, president of the International Cycling Union, said Monday as he erased Armstrong's victories from the record books after his group accepted sanctions imposed by the U.S. Anti-Doping Agency.

THE ASSOCIATED PRESS

Culture of secrecy

The doping doubts were there since 1999.

- A positive urine test for banned corticosteroids at the 1999 Tour was explained away and covered up by one of Armstrong's doctors, a former team masseuse testified years later.
- A book in 2004 where the same masseuse said she gave Armstrong makeup to hide needle marks on his arm was met with writs from Armstrong's lawyers and furious denials from him.

Overcoming obstacles

Beating cancer, Tour wins inspired many

No sporting icon peddled a tale quite like this one.

The Texan from a broken home who became a world champion, then was struck down by testicular cancer that spread to his lungs and brain, but who still rolled up in 1999 at the Tour, a three-week endurance test so tough that it has defeated many men who didn't endure gut-wrenching chemotherapy and carry the scars of tumour-removing surgery.

He became the living embodiment of the idea that willpower can overcome any obstacle. THE ASSOCIATED PRESS

Loosen tongues

The feds "placed a gun and a badge on the table," said McQuaid, and the Great Wall of Silence crumbled.

- Former teammates explained how they used subterfuge to beat testers. Tyler Hamilton said they simply hid, not answering the door if a sample collector showed up. There was no test, and still isn't, to show that riders were re-injecting themselves with bags of their own blood.

SEE SPORTS, PAGE 30, FOR MORE COVERAGE.

Metropolitan Panel

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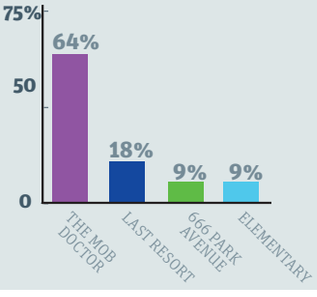
What new TV show should be the next to be cancelled?



Twitter

@nowever: I don't subway but how friggin annoying."Can you hear me? I'm going into the tunnel. I'll yell until next station"

@rdspilgrim: thought I saw a guy dressed a day late for the zombie walk, realized he just has wounds all over his face

@ddmessam: That's not a good look. RT #TTC's Spadina subway extension to open a year late #Toronto

@quinkster: Pretty sure Wildrose Leader Danielle Smith won't be getting any kids asking for treats at her door this Halloween. #CDNpoli

@spartaouzo: Leadership by bullying only dictates a lose/lose outcome.

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DVD reviews

Magic Mike

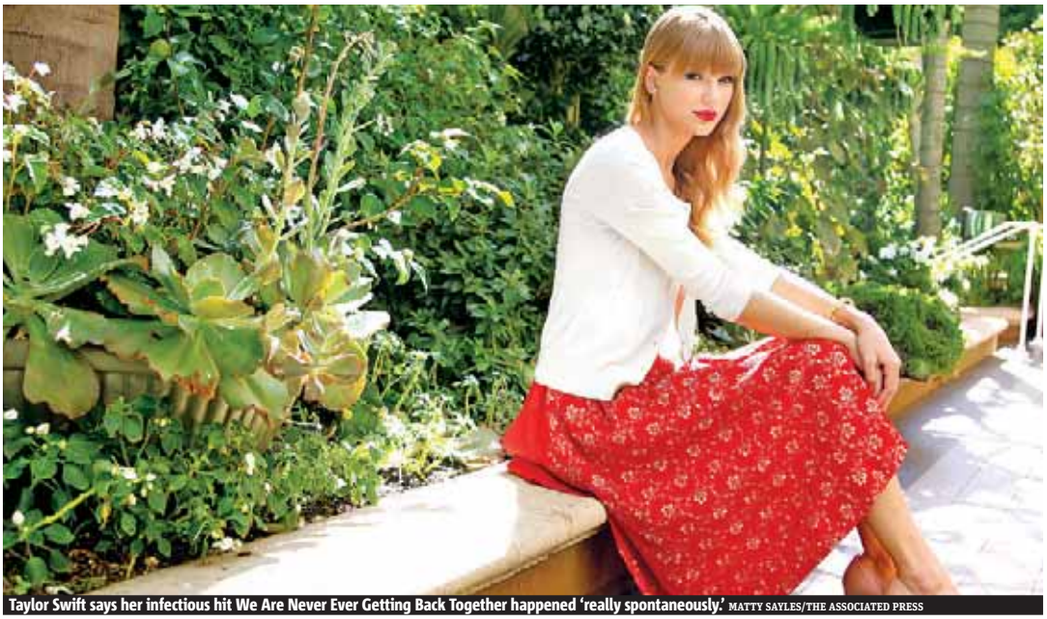
Director. Steven Soderbergh

Stars. Channing Tatum, Alex Pettyfer, Olivia Munn

●●●○○

Steven Soderbergh's latest genre exercise mines Channing Tatum's real-life male-stripper memories for maximum swagger, yet this is anything but a macho version of Showgirls or Burlesque. It's a realistic portrayal of a business that sells sizzle onstage, with plain sweat backstage to make it happen. Dancing at Tampa's Xquisite nightclub has been fun and reasonably profitable for Mike, but he's smart enough to observe how it has turned out for club owner Dallas (Matthew McConaughey), who also emcees and croons, from a cool cat into a cynical caricature. Still, Mike wants an equity share in the club, a carrot Dallas dangles but never drops. A new guy, Adam (Alex Pettyfer), starts stripping at the club and begins to threaten Mike's dominance of the dance floor. Adam's a loose cannon with a propensity for self-destruction and he puts a damper on sparks that develop between his sister Brooke (new face Cody Horn, well cast) and the romance-averse Mike. The strip-show numbers in Magic Mike are more humorous than sexual, which may disappoint anyone who attends hoping to see the real "full monty" on display. That never happens — think Exotica more than Boogie Nights.

PETER HOWELL



Taylor Swift says her infectious hit We Are Never Ever Getting Back Together happened 'really spontaneously.' MATTY SAYLES/THE ASSOCIATED PRESS

We are never, ever getting tired of Taylor

Red. Nashville singer with strong country roots enlists the help of pop music powerhouses for her fourth album

IAN GORMELY
scene@metronews.ca

No matter how many pop hits she scores, Taylor Swift will always be a country girl.

"In my mind, I'm always going to be a country artist because that's home to me," says the 22-year-old Nashville-based singer.

"The innate writing style of country music is what formed me as a songwriter."

Yet after penning all the tracks on her last record on her own, Swift decided to team up with a who's who of pop songwriters for her fourth album, Red, which hit stores today.

"I wanted to figure out a way to push myself into a different comfort zone," she says.

Along with writers like Dan Wilson, who co-wrote Adele's mega-hit Someone Like You, Swift enlisted the help of Max Martin, the man behind Kelly Clarkson's Since U Been Gone, and Britney Spears' ...Baby One More Time.

Together with Martin's protégé, Shellback, the trio co-wrote her own current smash, the infectious and decidedly un-country We Are Never Ever Getting Back Together, and, as she says, it all happened "really spontaneously."

"It's really brought something different out of this album," she says.

"I think that there are definitely influences from every genre that I'm a fan of on this record."

Both U.K. singer/songwriter Ed Sheeran and Snow Patrol's Gary Lightbody make appearances on the record, the latter of whom Swift points to as a source of inspiration for her cinematic lyrics.

"The more you let people into the details," she says, "the more people feel welcomed into those experiences."

Weird in the woods

Watching the music video for We are Never Ever Getting Back Together, it's hard not to notice the group of musicians dressed up as woodland creatures. Those oversized animals are actually Swift's backing band. She says the costumes were director Declan Whitebloom's idea and when she told the musicians, "they looked at me deadpan like, 'This is not happening.'" Yet while filming the single-shot clip, the band "got loopy," the results of which are on the screen. "It's the most random thing I've ever done in a video," says Swift. "It makes me laugh to this day."

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Diamond Rings ready to shine in the spotlight

New album. Singer leaves his indie roots behind and embraces his inner pop star

IAN GORMELY
scene@metronews.ca

When it came time to follow up his bedroom-pop breakthrough, Special Affections, John O'Regan, best known to the world as Diamond Rings, didn't bother trying to recapture the intimacy of his debut.

Instead, he opted to leave his indie roots behind and make the full transformation into a proper pop star.

"It's more about an attitude and confidence in one's self," he explains.

"Anyone who has the courage and the intestinal fortitude to put themselves out before the world in a way that's sincere and relatable, and above all else, different and unique.

"Devo are as much pop stars as Katy Perry."

As simple as embracing your inner pop diva sounds, it wasn't an easy process.

"It's really hard to write and sing about things that are obvious and relatable in a way that's fresh and new," he says.

"I don't know if I did that. I did my best."

Writing for the record was completed before his debut even dropped, after O'Regan was treated for Crohn's disease.

"It's a celebration of life and being alive," he says.

Despite the hardship of the recovery process, the success of Special Affections, which was written while O'Regan was still in the hospital, has afforded him the freedom to focus on his music exclusively.

"I'm always writing songs," he says.

But, "I don't really set out to write albums ... I tend not to really think about the big picture of where I'm going.

"It's paralyzing artistically."

In the end, it took producer Damian Taylor, best known for his work with Bjork and the Killers, to bring O'Regan out of his shell and make Free Dimensional, his new album, a reality.

"He really pushed me to go for it and really understand what I wanted to do," O'Regan says.

"It's hard to have that confidence when you're by yourself in your bedroom."

John O'Regan, a.k.a. Diamond Rings, has just released a new album, Free Dimensional. SARAH DEA FOR TORSTAR NEWS SERVICE

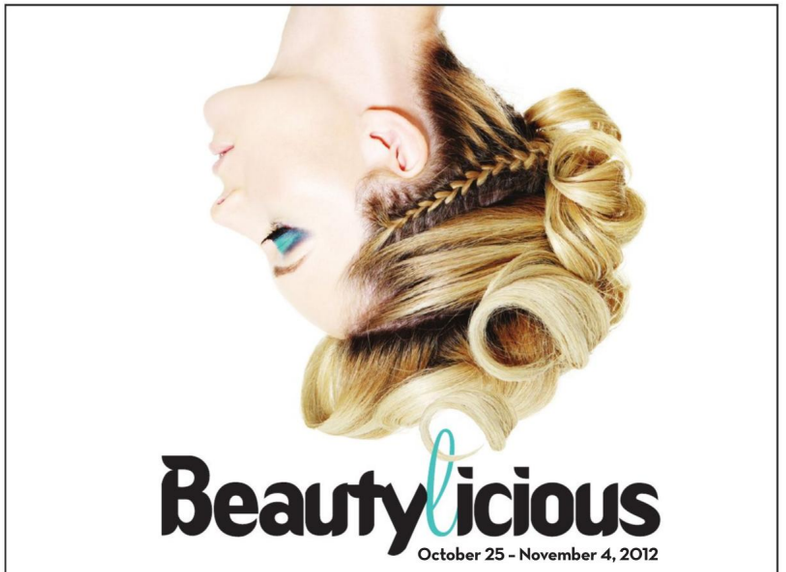
Quoted

"It's really hard to write and sing about things that are obvious and relatable in a way that's fresh and new. I don't know if I did that. I did my best."

John O'Regan (a.k.a. Diamond Rings) on penning songs with pop appeal.

Shaking his indie roots

O'Regan came up in Southern Ontario's vibrant indie rock community, fronting Guelph favourites, the D'Urbervilles, who later changed their name to Matters. But when it came time to make Free Dimensional, he found shaking the anti-pop indie ethos was harder than he thought. "Once you go there, there's no turning back," he says. "Ultimately, it's about people following their heart and doing what makes them happy. And that's not the same for everyone." Now, with Matters on indefinite hiatus, O'Regan's free to try on all sorts of styles. "I can go anywhere."



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Getting down with the Dum Dum Girls

New music. Dee Dee Penny talks about what motivates them to make the high-energy music they do

HEIDI PATALANO
Metro World News

Dee Dee Penny of the Dum Dum Girls doesn't seem to be the excitable type, with her soft monotone speaking voice and often expressionless countenance, but her music betrays a kind of raw, spastic energy that fuels her ambitious creative output.

We'd try to describe what it sounds like, but as Penny reminds us, journalists too often get the references wrong.

So instead, we'll have Penny tell you, herself, as she discusses this and her new EP, End of Daze.

Press materials for this EP go into a lot of detail about the albums you were listening to while you wrote it. Why do you think it's important to put your influences out there like that?
I don't know that it is. ... I think it's honestly born of reading reviews of things that are so far off the mark in terms of what they assume I was thinking or reading or listening to. Sometimes I just get to the point where I'm like, 'I'm just gonna tell you because it's gonna come out better for both of us.'

But I never want anything to be that apparent and it's never something that overt. Like, oh, obviously, I listened to Viva Hate during this period and my work is a direct extension of that. It's just sometimes helpful — especially for a band like mine who has from an early point been pigeonholed or summarized in like, two bands.

Why did these five songs seem to be a unit unto itself rather than part of a full album?
It was pretty similar to when I put out the He Gets Me High EP. It felt like this album was maybe not conceptual in the traditional sense, but I felt like it dealt with something specifically and then it was complete at five songs. I'm always writing. I have probably 40 songs I could have put out.

You've done some great covers — notably There Is a Light That Never Goes Out by The Smiths. Are you ever worried that fans will focus more on those and less on your original material?
No. I definitely have made a habit of recording covers.

There's been a cover on every record I've done except for Only in Dreams and that is very much related to the fact that I am a music fan. I don't think that overshadows what I do, but I think it brings to light how I approach things. I've never done a traditional cover in the sense that it sounds a lot like the original.

I've always tried to do a personal interpretation of it. ... I never think I can improve on the original. I like to take a stab at it from a different direction. I think people appreciate that.

People love hearing songs that they love. If it's a song by somebody else that we play that they love, they're still going to be really happy about that. It's like a little gift, especially with The Smiths' song because The Smiths are such a massive band for so many people. ... It's so many people's favorite song and for them to not slag us off for covering it, that's kind of an accomplishment (laughs).

The Dum Dum Girls have released their new EP, End of Daze. GETTY IMAGES

Dum facts

What you need to know about the Dum Dum Girls

- **Formed.** The band, originally from California, formed in 2009.
- **Leader of the band.** Dee Dee Penny, currently based in New York City, with the rest of the band in Los Angeles, was the person who put the concepts together and gives the band its musical focus.

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Coen brothers to make a Fargo TV show? You betcha!

Mixed reactions.
Residents divided on how a proposed FX program will reflect on their beloved city

Ask folks in Fargo what they first thought about the 1996 movie that made their city famous and some will tell you they were not fans.

Some residents initially didn't appreciate the Coen brothers' dark humour or were offended by the extreme violence and depiction of Scandinavian culture. Not to mention those heavy accents on "you betcha" and "ya sure."

But the fame and cash it brought Fargo eventually brought the city around. Now, 16 years later, Fargo awaits the debut of a new cable television show by the same name, and many residents here are less apprehensive about how their hometown will be portrayed this time around. Just ask Kristin Rudrud.

"Anything the Coen brothers are going to be involved in is going to be brilliant," said Rudrud, 57, who played a supporting role in the movie and has a hankering to promote everything about her hometown. "And they love Fargo. They love this area. So it will be done in a very fun and loving way."

The Oscar-winning Fargo starred Frances McDormand as Marge Gunderson, a pregnant police chief who investigates a series of murders, and William H. Macy as a car salesman who hires two criminals, played by Steve Buscemi and Peter Stormare, to kidnap his wife. In one of the final scenes, Stormare feeds Buscemi's body into a wood chipper.

Though the movie's story is mostly based in Minnesota, it made Fargo a household name for many across the country — to the early dismay of some city folk who watched the premiere at the Fargo Theatre in 1996. The theatre was quiet inside and some moviegoers were offended, said Margie Bailly, who was executive director of the Fargo Theatre at the time. Some residents even walked out.

"Those of us who were laughing were a little lonely," she said.

But locals later warmed up as the film was nominated for seven Academy Awards and Fargo started to see the benefits from all the publicity. The theatre hosted a free Oscar party with a polka band and Jell-O treats that Entertainment Weekly billed as one of the top soirees of the evening.

That event was publicized in several countries and Fargo cashed in. Donations flowed for the theatre's restoration, which dovetailed with plans to revitalize the city's downtown.

Sixteen years later, travellers looking to see the real Fargo still swing through, with many flocking to take a picture next to the iconic wood chipper, autographed on the chute by the Coen brothers and displayed at the city's main tourism centre.

"A good majority of people come in here just looking for the wood chipper," said Jayne Rieth, who works at the tourism centre. She didn't like the movie on the big screen, but watched it at home recently so she could be better informed at work. And the tourism centre and shops around town sell plenty of wood chipper T-shirts, shot glasses, koozies, mugs and — of course — ice scrapers.

City boosters hope the TV show produced by Joel and Ethan Coen, the Minnesota-born brothers behind the popular film, will add to the notoriety. No timeline has been announced by the FX Network.

"I don't know how it can be a bad thing for us," said Charley Johnson, president and CEO of the city's convention and visitor's bureau. "People still talk about the movie all the time."

THE ASSOCIATED PRESS

What's it all about?

Though details about the plot and characters in the FX show are scant, that hasn't stopped Fargo residents from speculating about it. Mayor Dennis Walaker said his favourite character is the sheriff, and hopes McDormand gets a prominent role.

Fargo actress Kristin Rudrud in Fargo, in 1996. THE ASSOCIATED PRESS

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Slight of mind: Dr. Mysterion on psychological entertainment

Mentalist. The mind reader performs his show Tuesday night at the Revue Cinema

IAN GORMELY
scene@metronews.ca

Billing himself as Canada's "foremost mentalist, magician and psychological entertainer," we caught up with Mysterion the Mind Reader at his action-figure-and-occult-oddity-filled apartment (he has a dodo bird skull and a Christmas card signed by Charles Manson in one room) ahead of his Mental Magic Spook Show tonight at the Revue Cinema.

So do your friends call you Mysterion?
Dr. Mysterion… some people do. It's become synonymous with what I do. The character is an extension of me.

Do you consider yourself a magician? A mind reader?
I'm a mentalist, which is a cousin of a magician. So instead of using slight of hand I use slight of mind. I don't truly believe in what I'm doing being real. I like to bring back that childhood hope that maybe there's superpowers. But I'm not there to fool anyone into believing I have psychic powers.

Do you perform tricks or illusions?

Illusion does come into what I do. I use five senses to create the illusion of six. Chances are you won't see something vanish, but you will see a table vanish. You'll see things that pertain more to the supernatural and the unexplained powers of psychic ability.

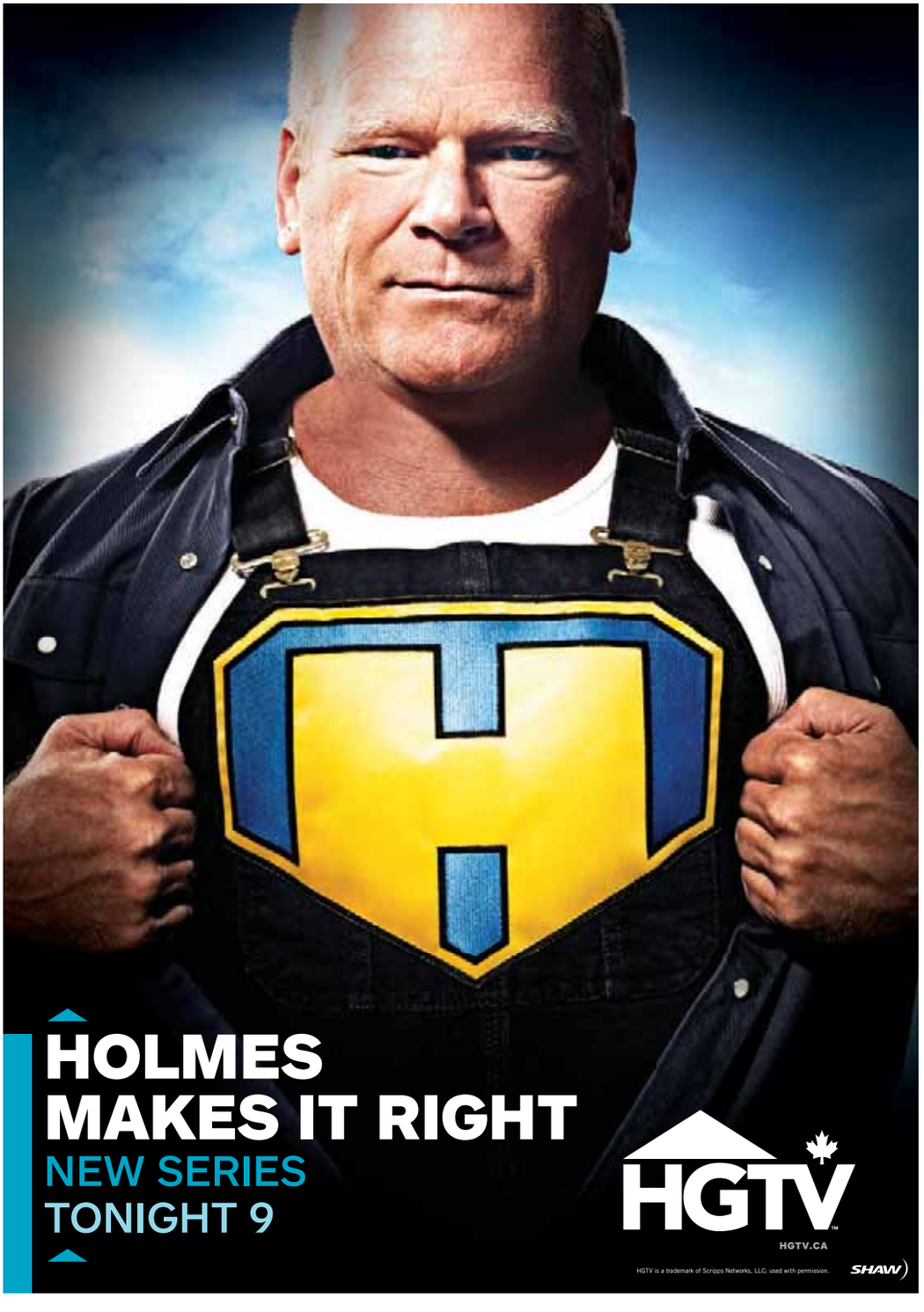
You were born on Halloween. Does that mean you're obligated to dabble in the occult?
When I was a kid my folks told me Halloween is because it's my birthday and I had this complex. So I grew up and kept treating it like it's my birthday. Then I kind of went, "You know what? I'm going to allow this to happen every day of the year."

Reading my mind

At one point in our conversation, Mysterion tells me he's going to read my mind.

He hands me a pad of paper and a black Sharpie, then duct tapes and blindfolds his eyes. He asks me to write down the name of a movie. I hand it to him and he quickly flips the pad face down before removing the duct tape and blindfold. He quickly ducks into his toy room (filled with thousands of action figures) and comes out holding a 45-RPM record performed by him and Toronto surf-rockers The Blue Demons. "The Blue Demons just got back from California and in the audience they looked out and sitting front row centre is Dick Dale," he says. "Dick Dale is famous for Misirlou. Misirlou is the theme song to a very famous movie, Pulp Fiction." He flips the pad over and sure enough, that's the movie.

"You can imagine how people react when I tell them they're thinking of a dead relative."



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Twitter

@RedHourBen
Zoolander LadyGaga story is not true. Weird that OK magazine would print something untrue. Weird to read a made up story on the internet.

@Joan_Rivers
Congratulations to Adele on the birth of her 68 pound 8 ounces bouncing baby boy.

@RealVinceVaughn
my verification is pending.

@AlbertBrooks
I wish there was a debate on every night. I so love arguing.

The Word

Celebrity Halloween: A how-to guide

MONICA WEYMOUTH
scene@metronews.ca

For all those hard at work on a show-stopping Halloween costume, we salute you. For all those planning to rummage through their closet at 9 p.m. on the 31st, we feel you. These celebrity-inspired costumes won't win you any contests, but they'll probably qualify you for free candy.

Tina Fey
This one's easy: Just throw on a pair of designer glasses that perfectly fit your face. Then get a blow-out that's not too fussy but adds enough volume and shine to show you care. Lose 15 pounds and wear something young but expensive. Accessorize with a great job and a ton of talent that you casually brush off. Wait a second — Tina Fey, we're on to you, girl.

Zooey Deschanel
The essentials: A vintage a-line dress, lots of eyeliner, sexy librarian glasses, knee socks. Bonus points: An entourage of 20-something girls who resent you for reasons they can't quite explain.

Sexy Louis C.K.
Cut a deep V in an oversize black T-shirt that's faded enough to really show the grease stains.
If possible, resist the urge to make jokes about having sex with dead things.

Prince Harry
Shower with things that smell rich, woodsy and clueless. Put on a very large, very expensive watch. And … well, you're good to go.

Avril Lavigne and Chad Kroeger
The perfect couple's costume for 2012: Rummage through the punk store clearance rack, then roll around on the floor, making sure to soak up all that was wrong with 10 years ago. Hit on the underage cashier, douse yourself in Axe body spray and go shoot some 'edgy' engagement photos.

Taylor Swift

Pop went the couple: Styles wasn't heading in One Direction with Swift

While Taylor Swift is over the moon with current boyfriend Conor Kennedy, she reportedly suffered heartbreak at the hands of One Direction member Harry Styles just before meeting Kennedy, according to Radar Online. Apparently the pair dated briefly earlier this year but ended it when Styles was photographed locking lips with model Emma Ostilly.

"Taylor really liked Harry, and even though they weren't exclusive, he hinted at making it official with her," a source says. And while Swift was allegedly warned by her personal psychic of impending heartbreak, she was still caught off guard the morning she awoke to a barrage of text messages from Styles "begging for a chance to explain and telling her not to believe everything she reads," the source says. "She immediately googled Harry and found all the stories and pictures of him kissing Emma. She was heartbroken."

When Harry met Taylor

"Taylor really liked Harry, and even though they weren't exclusive, he hinted at making it official with her."

Source regarding Taylor Swift and Harry Styles' past relationship

Costumed Katy only has eyes for John

Even though Katy Perry's birthday isn't until Thursday, she apparently couldn't wait to get the party started, throwing a lavish Halloween-themed costume birthday party at Los Angeles' Magic Castle on Friday, according to Us Weekly.

Katy Perry

And while guests including Kristen Stewart, Neil Patrick Harris and Skrillex were in attendance, the birthday girl — dressed up as a vampire — only had eyes for John Mayer, whose elaborate zombie-hunter costume even involved a prosthetic nose and chin. "They were in their own world. She didn't even talk to her friends much," a source says. "It was just her and John. She's obsessed with him. She said hello to people but then went right back to him."

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Are you a new parent needing some sleep? There's an app for that. ISTOCK PHOTOS

Sleep-deprived new parents can finally get some shut-eye

New product. Former chart-topping musician has come up with an app that can help lull those cranky babies back to sleep

BRIGITTE NOËL
life@metronews.ca

The sallow skin, bloodshot eyes and dark circles of the living dead are a popular Halloween look for those seeking a cheap and easy costume. For the struggling parents of a newborn baby, achieving this look requires little effort.

Thankfully, there just might be an app for that.

Barry Authors is a Canadian musician whose single No Charge reached the top of the U.K. charts in 1976.

Now he's produced what could be his greatest hit to date.

It's called BabyDoze, and it's an app that claims to give new parents what they desire the most — rest.

"Sit me down with 10 babies, and nine or 10 will go to sleep if they're crying," Authors says of his invention. "We had phenomenal results with testing."

His product's premise is simple — lulling babies to slumber using the sounds they hear before they are born.

This combination includes the thumping of a heartbeat, the whoosh of amniotic fluid and the hissing of circulating blood.

Not the stuff of Top 40 hits, but it's proved a winning formula for Authors, who created the recording during his wife's first pregnancy.

"There are lots of things that people say calm babies: noises of the sea, sounds that simulate the sound in the mother's womb," Authors says. "This doesn't simulate; this is exactly the sound that the baby hears."

Online

Where can you find the app for your phone?

- **Online.** BabyDoze is available for both iPhone and Android. More details at babydoze-wombsound.com.

Want to avoid a cold? Avoid your T-zone

CELIA MILNE
life@metronews.ca

Ew, yuck. Everyone around you is coughing and sneezing.

You've heard all about washing your hands to prevent the flu.

Here's another simple rule: Keep fingers away from your face.

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an international infection prevention expert. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Kids can certainly benefit from this advice right now, as the common cold usually reaches a zenith about four to six weeks after school starts. And adults are good at sharing germs too. On Global Handwashing Day last week, a report surfaced in the U.K. that one in 10 credit cards is as dirty as a toilet bowl.

"Only you can prevent the flu," says Sawyer. "If you never put your fingers to your hands, nose and mouth, you won't need to worry about how dirty your credit cards are; you wouldn't inoculate yourself."

Sawyer is a family physician in Cincinnati, Ohio.

He is the creator of Henry the Hand Foundation (henrythehand.com), which teaches hand washing and disease prevention in the U.S. and Canada. "Spread the word, not the germs," is his motto.

Kids and adults can benefit from some handwashing tips. ISTOCK PHOTOS

Other flu prevention tactics include getting the vaccine and practising what scientists call "social distancing," which means trying to stay at least a few feet away from sick people.

Words to live by

Here are the four principles of hand-washing awareness. Use them and be sure others around you do too.

- **Number 1.** Wash your hands when they are dirty and before eating
- **Number 2.** Do not cough into your hands.
- **Number 3.** Do not sneeze into your hands
- **Number 4.** Do not put your fingers in your eyes, nose or mouth.

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Bonnie Munday
Editor-in-chief
Best Health Magazine

Best Health magazine, on newsstands now, offers straight talk and real answers for Canadians. Here are just a few examples.

Can eating less slow down the aging process?
Yes. Significantly reducing calorie intake has been shown to increase lifespan, at least in lab animals. As for the human research, studies show that people on calorie-restricted diets have substantially lower levels of inflammatory proteins in the blood.

Are ulcers always the result of stress and spicy food?
No. In fact 80 to 90 per cent of stomach ulcers result from infections caused by bacteria called Helicobacter pylori.

Does "use it or lose it" really apply to brain function?
Yes. Many studies have suggested that people who regularly engage in activities that require the brain to process information are less likely to develop Alzheimer's and other neurological diseases that lead to loss of mental clarity.

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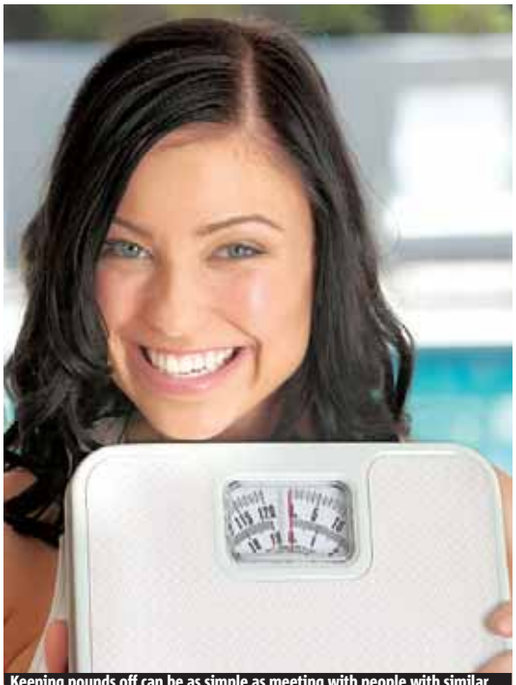
Group weight loss may be the answer

Keeping off the pounds. Eating smaller portions and meeting regularly with like-minded individuals can have positive results

CELIA MILNE
life@metronews.ca



Keeping pounds off can be as simple as meeting with people with similar goals. ISTOCK PHOTOS

Want to lose weight and keep it off?

Join the club. More than half of Canadian adults are overweight or obese.

Jennifer Brenton, 30, has been trying for years to lose 10 to 15 pounds.

"I couldn't stop yo-yo dieting. I couldn't keep it off," she told Metro.

Finally, a year ago, she joined Weight Watchers and began to see the pounds disappearing.

She's lost 13 pounds and has kept it off. The magic formula? Eating smaller portions, adopting an active lifestyle and going to regular meetings for support.

"Group power is a big part of it," says Brenton, who is taking a master's in health promotion at Dalhousie University in Halifax.

What keeps her on track, she says, is that little voice in her head that says, "I told my group I'm going to do that this week."

A new study funded by the National Institutes of Health in the U.S. and conducted by Baruch College in New York City has lent more credence to the theory that programs encouraging weight loss through group support and counselling are effective.

The study, which took place over 48 weeks, included 141 overweight or obese adults.

Subjects were split into three groups: They either did a behavioural weight loss program run by a health professional, did the Weight Watchers program, or did the behavioural program plus Weight Watchers.

A significant number of people lost weight and kept it off for 48 weeks. Weight Watchers weighed in as the most effective program in the study.

"The idea is to get to a comfortable weight and maintain it so you always feel great," says Brenton.

DENTAL IMPLANT PATIENTS SOUGHT

University of Toronto Clinical Facility, Continuing Education Program is seeking patients requiring replacement of one or two lost teeth only with "dental implants" in an ongoing investigation on patient satisfaction and improvement of quality of life study. Very reasonable fees. Non-smokers only.

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Traditional corn chowder is usually prepared with excess cream and butter. My version uses evaporated milk. You'll be surprised at how creamy and rich the soup tastes at just 211 calories and 3.7 grams of fat per serving.

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

- 2 cups corn niblets
- 1 1/2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2 1/2 cups chicken stock
- 1/2 tsp hot chili sauce
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 tbsp chopped parsley

1. Lightly coat nonstick skillet with cooking spray and set over medium heat. Sauté corn 8 mins., stirring often until lightly browned. Purée half of corn in food processor. Combine puréed corn with the whole corn in small bowl and set aside.

2. Add oil to large, nonstick pot and set over medium heat. Add onion and garlic and sauté 4 mins. Add red pepper and sauté another 2 mins. Add potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 mins. or until the potato is tender.

3. Whisk flour and milk in a small bowl and gradually add to the soup. Add salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Serve in bowls and garnish with parsley.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Smarter Snacking

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

We are a nation of snackers and it is a slippery slope.

On a recent trip to France, I noticed the utter lack of a snack.

Oh, sure, the French women have their espresso and rest at three or four in the afternoon, but it is a calorie-free respite that re-energizes.

In North America, we have confused treats and snacks. A snack is a small mouthful of food that nourishes you, on occasion, between meals.

A treat is something sweet or salty that you enjoy but you don't kid yourself that it gives you anything but empty calories (and pleasure).

If you really want to snack well, consider these this afternoon:

- **Green tea or espresso (single shot, unsweetened)**
- **Steamed edamame beans**
- **Hummus**
- **A handful of walnuts**
- **A cup of berries**
- **A tub of yogurt**

Most foods in crinkly packages are treats. Yes, even if they say they only contain 100 calories, they are treats.

Go ahead and enjoy them, but treat them like any other guilty pleasure.

Be aware that they light up your brain but do not really feed your soul or your cells. **THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

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Are you happy at home?

Advice. Best-selling author Gretchen Rubin is back with another self-help winner. She claims you'll be happier in life if you're Happier at Home. Here's why

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

The moment Gretchen Rubin realized how many elements of a happy life focused on the home, she set about making small changes in her daily routine to help boost her overall happiness.

"If you're not happy at home, it's hard to be happy in your everyday life. Ideally, our home is a place that energizes and calms us, where we can have privacy but also engage with other people. If you're happy at home, you'll have a much stronger place from which to go out into the world," she tells Metro.

Want to be a happy homebody? Here's what Rubin suggests you do:

Gretchen Rubin and her book (below) Happier at Home. DAVE CROS

1.EMBRACE GOOD SMELLS:

"People that suffer from anosmia (loss of the ability to smell) often become depressed. A good smell is a quick fix. It gives you an immediate lift. It's not like eating a cookie but having to count calories or reading a book but needing time. It doesn't have a cost. Just light a scented candle or have a bowl of fresh grapefruit in the kitchen."

2.KISS & HUG: 'Act the way you wish you felt'

"People think we act because of the way we feel when really, we feel the way we act. If you act in a loving, way and kiss or hug those you love daily, you can really foster those feelings in yourself. As you're communicating these feelings to somebody else, that person will then feel more beloved. Acting this way will also help drive out negative feelings such as anger or resentment."

3.JUMP!: 'Home is a state of mind and a physical experience'

"Our home is the symbolic resting place for our body. It's the launching pad of all your routines. Your body is everything — whatever you do, your body will always be there. Any of the habits related to caring for your body, you have to figure them out from home. So exercise better and act more energetic. Do a few jumps a day. Literally. It will put a spring in your step."

4.CLEAR OUT CLUTTER: 'Order contributes to inner calm'

"Living in a house where everything is falling into disorder can make you really unhappy. A crowded closet isn't a big deal, yet somehow it can weigh you down. Getting control over the inflow of 'stuff' will make you feel more in control of life in general. Make sure you only have things you need, use and love. Everything else can go."

5.READ THE MANUAL:

"Most people pull and tug at something, try to rip it open and end up getting very frustrated when they fail. But usually you'll notice there's a tab or a little thing you pull to open. This applies to anything — whether you're trying to open a tin of beans or putting together a shelf. Take a few seconds to think, 'is there a way I'm meant to do this?'"

6.TECH: 'Is a good servant and a bad master'

"Technological devices have a valuable role to play so long as they don't crowd out other things that are more important, like family. You need to create boundaries so that technology doesn't invade your life like a weed. End the day with an emptier inbox and don't check email at bedtime. The stimulation will wake you right up.

7.CREATE A SHRINE: 'Surround yourself with love'

"Even if you live alone, you have relationships that are a part of you. Making a sort of shrine — which can include anything from music, travel mementos, photo albums or jewelry — that creates a specific place that is full of love. You may want to have a wall of photographs of your friends or of your family to remind you of the things and people that make you happy."

8.GO TO BED: 'You'll be happier with more sleep'

"Some people think they're too tired to do anything except watch TV...and dedicate a lot of time to these very low grade activities that don't boost happiness. But don't let these activities eat up a lot of your time or you'll stay up too late and wake up feeling exhausted. If you were too tired to do anything but watch TV, then go to sleep."

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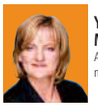

YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week the International Monetary Fund (IMF) scolded Canada for "domestic vulnerability" with a softening housing market, a high unemployment rate of 7.3 per cent and record personal debt levels.

Economists point out that at 163 per cent of income, our debt ratio is similar to the Americans before their housing bubble burst.

The IMF shaved its 2012 growth projections for Canada from 2.1 per cent to 1.9 and two per cent next year, down from 2.2 per cent. This compares to global growth predictions of 3.3 and 3.6 per cent in 2012 and 2013.

The IMF worries that "a sharp or sustained decline in house prices could seriously set back the leveraged household sector and domestic demand." In real speak, there's potential for an economic domino effect.

A declining housing market puts pressure on family debt, seriously affecting what we buy — a key driver of economic growth.

Lower growth means fewer jobs, especially in the housing sector, which is a huge job creator.

It's not a pretty picture.

If you're concerned that the IMF's fears will be born out, try this:

1. Take stock
Where are you vulnerable? Is it your mortgage or personal debt? If the government reduces borrowing by raising interest rates or tightening mortgage insurance or qualification conditions, what will be most affected?

You might lock in an open variable mortgage, as some aren't much lower than a five-year fixed term. You could also pay bi-weekly or make larger payments.

Homebuyers shouldn't purchase until a larger down payment is in hand.

2. Cut spending
You can never go wrong here.

Challenge your family to live on a teeny, tiny budget for three months. Cut back holiday plans. Defer any non-essential big-ticket items. Be vigilant about leftovers and don't let food items become stale-dated.

3. Build up cash
Money on hand can soften a blow from the unexpected. Increase your savings by one per cent.

Stash change daily. Have a late-fall garage sale or sell things on eBay. Ask for cash gifts this holiday season or gift cards for gas or groceries. Many small steps have a big financial impact.

The sky may not fall, but it doesn't hurt to be prepared.

This Halloween, hand out something more than a treat.

Introducing the Change for Kids program. This year, hand out Change for Kids coins to trick-or-treaters. For each coin entered online, Scotiabank will make a $5 donation to Holland Bloorview Kids Rehabilitation Hospital. Trick-or-treaters will have a chance to win amazing prizes while helping kids with disabilities.

For more information about where to get coins, upcoming events and prizes, visit **changeforkids.ca.**

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Over 500 prizes, with a total value exceeding $50,000, are available to be won. A parent or legal guardian of each minor entrant must complete the entry process. Contest closes at 11:59 p.m. November 22, 2012 and is open to residents of Ontario only. Odds of winning depend on the number of eligible entries. Correct answer to a skill-testing question required. For full details, including no-purchase method of entry, visit our website at www.changeforkids.ca.

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Careerbear.com

What is a fashion stylist?

Do you have a fabulous sense of style, a knack for putting the perfect outfits together and Wonder Woman biceps? If so, you're in luck, because fashion styling requires all three.

Stylists are responsible for taking a creative brief, shopping the market (retailers, wholesalers and distributors) and putting all the pieces together to create the wow factor you see in advertising and fashion magazines. The best do the same for music videos, TV shows and movies. Styling is a heady mix of fashion and glamour — you work with PR people and editors and are on a first-name basis with designers, models, photographers and celebrities, with a huge bucket of hard work thrown in. You're schlepping garments and accessories (sometimes up five flights of stairs in an old warehouse without a working elevator), using pins and duct tape to make clothes fit and keeping everything organized, pressed and ready-to-wear during shoots.

Career opportunities

What could you become?

- Self-employed fashion stylist
- Merchandiser position for a retailer
- Stylist at an agency

Career tracking

Many fashion stylists start their careers by working for a designer or photographer for free (or close to it) to learn the ropes and the industry. Once you have made a few contacts, you can freelance and pass around your cards. Being represented by an agency is the next step but, really, the most important career move is creating a reputation for yourself.

Fashion stylist extraordinaire Amarsana Gendunova. PROVIDED

Successful fashion stylists are:

- Resourceful
- Self-motivated
- Flexible about working hours
- Creative
- Organized
- Detail oriented
- Good natured
- Fashion savvy
- Able to read other people

CAREER BEAR IS CANADA'S PREMIER SOURCE FOR PEOPLE WHO WANT A NEW CAREER BUT AREN'T SURE WHERE TO START. BROWSE CAREERS BY INDUSTRY, SALARY, OUTLOOK OR ALPHABETICAL LISTING, AND FIND TRAINING PROGRAMS NEAR YOU. VISIT CAREERBEAR.COM

Meet Amarsana Gendunova

Fashion stylist Amarsana Gendunova moved to Canada from Russia in 2009. She had experience as a makeup artist and took a business of fashion course at Humber College. Then she was in the right place at the right time and started to work as a freelance fashion stylist. Today, she is represented by an agency, JUDY INC.

Why she loves fashion styling:

- I just love fashion, and doing my job makes me happy.
- I love working with people and different personalities, actors, singers...that's fun. And when I have to dress them for a red carpet event, it's really fun.
- I love that I get to go to some events as well as fashion shows. Just talking to the designers and knowing them personally, knowing why they do the collection and what was behind it... I like that part. I love going to shows because you get to see stuff for the next season before everyone else.
- It's glamorous and stressful at the same time. For one shoot, I had $500,000 worth of jewelry in my little room on set and I was so scared. You have to keep an eye on it. You can't just run around and have fun on some sets. You have to concentrate on what you do.
- I do like shoots on location even though they're harder work for me with clothing and accessories.
- * The job is hard work and long hours. But on set, when it all comes together, it's exciting and I just love seeing the results.
- Oh, another reason I love this job is that sometimes you get to buy things at a better price. I never shop retail anymore.

Labour of love

"I love my job because it's fun... sometimes it's like playing with a big Barbie doll."

Amarsana Gendunova
Fashion stylist

Career Finder
To advertise contact Jason Saddler at 416 443 4394

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Participants Needed

CAMH is currently seeking healthy male and female participants for a research study.

You may be eligible to participate in a PET brain imaging study at the Clarke Division of the Centre for Addiction and Mental Health.

Participants must be:
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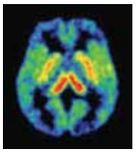
Non-smokers
In good physical health
Not taking any medication or illicit substances
Not currently pregnant



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– Blessy Tabernilla, Environmental and Health Studies, Glendon Campus, 2014

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NBA

Foot injury keeps Kobe out of action

Kobe Bryant skipped a Los Angeles Lakers practice Monday to rest his bruised right foot.

Bryant was injured during the third quarter of the Lakers' 99-92 pre-season loss to the Sacramento Kings on Sunday. THE ASSOCIATED PRESS

Kobe Bryant, right, battles with Kings forward Thomas Robinson on Sunday in Los Angeles. THE ASSOCIATED PRESS

NFL

Panthers GM fired after brutal start

Marty Hurney was fired Monday as general manager of the Carolina Panthers one day after star quarterback Cam Newton expressed his frustration with a 1-5 start.

The move came after Sunday's 19-14 loss to Dallas. THE ASSOCIATED PRESS

Marty Hurney THE ASSOCIATED PRESS FILE

NFL

"You watch film and not everybody was playing hard every snap. And that's unacceptable."

Buffalo Bills defensive end Chris Kelsay on Monday after a 35-34 loss to Tennessee, saying it's time for players to start holding each other accountable.

Tour record book in tatters

Cycling. Losses continue to pile up as governing body erases Armstrong's Tour de France victories

Seven lines of blanks. From 1999 to 2005. There will be no Tour de France winner in the record book for those years.

Once the toast of the Champs-Élysées, Lance Armstrong was formally stripped of his seven Tour titles Monday and banned for life for doping.

As far as the Tour is concerned, his victories never happened. He was never on the top step of the podium. The winner's yellow jersey was never on his back.

The decision by the International Cycling Union marked an end to the saga that brought down the most decorated rider in Tour history.

"Lance Armstrong has no place in cycling, and he deserves to be forgotten in cycling," said Pat McQuaid, president of the governing body. "Make no mistake, it's a catastrophe for him, and he has to face up to that."

It's also devastating for Tour de France organizers, who have to carve seven gaping holes from the honour roll of the sport's biggest event and airbrush Armstrong's image from a sun-baked podium on the Champs-Élysées.

From the sport's perspective, it's all gone.

"We wish that there is no winner for this period," Tour director Christian Prudhomme said Monday in Paris. "For us, very clearly, the titles should remain blank. Effectively, we wish for these years to remain without winners."

Armstrong's fiercely defended reputation as a clean athlete was shattered by the U.S. Anti-Doping Agency two weeks ago, when it detailed evidence of drug use and trafficking by his Tour-winning teams. USADA released its report to show why it ordered Armstrong banned from competition back in August. Monday's judgment by the UCI was just the necessary next legal step to formalize the loss of his titles and expel him from the sport.

It will likely also trigger painful financial hits for Armstrong as race organizers and former sponsors line up to reclaim what are now viewed as his ill-gotten rewards, though the cyclist maintains he never doped.

The U.S. government could also get involved in a case brought by Floyd Landis, who was key to taking down his illustrious former teammate by turning whistleblower in 2010. THE ASSOCIATED PRESS

By the numbers

$3.85M

Tour de France director Christian Prudhomme wants Armstrong to pay back prize money from his seven wins, which the French cycling federation tallied at 2.95 million euros ($3.85 million US). Armstrong was also awarded $7.5 million plus legal fees from Dallas-based SCA Promotions Inc., which tried to withhold paying a bonus for the rider's 2004 Tour victory after it alleged he doped to win.

Armstrong camp quiet

Neither Armstrong nor his representatives had any comment about Monday's decision, but the rider was defiant in August when he chose not to fight USADA in one of the agency's arbitration hearings.

- He argued the process was rigged against him.

Lance Armstrong speaks before a Livestrong charity event on Sunday in Austin, Texas. COOPER NEILL/GETTY IMAGES

Raptors top Bucks in final home tune-up

Raptors rookie Jonas Valanciunas takes a shot in front of Bucks centre Samuel Dalembert on Monday night at Air Canada Centre. CHRIS YOUNG/THE CANADIAN PRESS

DeMar DeRozan scored 21 points as the Toronto Raptors beat the Milwaukee Bucks 104-95 in their final home pre-season game Monday.

DeRozan added a couple crowd-pleasing dunks while Amir Johnson, who came into the game leading the Raptors in shooting, finished the night 5-for-10 with 10 points.

Toronto's bench erased a seven-point third quarter deficit, going on a 14-2 run early in the fourth led by Alan Anderson, who drained a pair from beyond the arc.

The win helped Toronto finish the pre-season with a 5-0 record at home for the first time since 2007. The loss was the Bucks' fourth straight of the pre-season.

Milwaukee's Monta Ellis, who was hot early, finished with a game-high 26 points. The 26-year-old scored nine straight at one point in the first quarter and helped the Bucks to a 48-47 lead at halftime.

Raptors centre Jonas Valanciunas showed glimpses of why the Raptors used their first selection in the 2011 draft to take the Lithuanian.

The rookie had a couple big blocks in the early going including one on Bucks centre Samuel Dalembert, finishing with a pre-season high four blocks on the night and eight rebounds to go along with 10 points. THE CANADIAN PRESS

NBA pre-season

Raptors	Bucks
104	95

GMs see Heat repeat

NBA general managers are predicting the Miami Heat to repeat as NBA champions and LeBron James to win another MVP award.

- The GMs picked the Los Angeles Lakers to win the Western Conference, but the Heat got 70 per cent of the votes to win the 2013 championship.
- All 30 executives were polled in the annual NBA.com GM Survey, released Monday, and could not vote for their own teams or players. Responders voted the New Orleans Hornets' Anthony Davis as the likely rookie of the year.

Playoff door open for slumping Argos

CFL. Toronto has lost five of their last six games heading into match against Roughriders in Regina

Ray solid in return

- Quarterback Ricky Ray showed no signs of rust in last week's 44-32 loss to the Winnipeg Blue Bombers.
- Sidelined with a strained ACL for four games, Ray threw four touchdowns and compiled nearly 400 yards passing.

Argonauts quarterback Ricky Ray throws the ball against the Winnipeg Blue Bombers Friday in Toronto. NATHAN DENETTE/THE CANADIAN PRESS FILE

The Toronto Argonauts have two games left to show they deserve to be in the playoffs and be the East's team in the Grey Cup on Nov. 25 at the Rogers Centre.

Incredibly, the Argos can lose their final two games, finish 7-11, and still host the Eastern semifinal Nov. 11, also at the Rogers Centre.

They can also miss the playoffs, something that seemed unlikely last month when Toronto went to Vancouver, where a win over the B.C. Lions would have allowed them to take control of the East.

Instead, they've lost five of their last six games heading into Saturday afternoon's match in Regina. The Saskatchewan Roughriders whipped Toronto 36-10 at the Rogers Centre earlier this month.

"We're not the first team to be in this scenario," coach Scott Milanovich said on Monday, revealing how he had spoken to his players before practice about how other teams have struggled but somehow found a way to win in the playoffs. "We're trying to put the past behind us and understand that one win and we're in."

Most disturbing, however, is Toronto's inability to stop the run over the past three games.

That doesn't bode well considering they will be facing Kory Sheets, the league's second-leading rusher, at Regina's Mosaic Stadium on Saturday.

TORSTAR NEWS SERVICE

English soccer

Man U manager has 'no issue' with Ferdinand

Manchester United manager Alex Ferguson has settled his public dispute with Rio Ferdinand following the defender's refusal to promote an anti-racism campaign, blaming a "communication problem" for the rift.

Ferguson accused the experienced defender of "embarrassing" him by boycotting the Kick It Out campaign, having told the media his whole squad would wear the T-shirts before the Premier League match against Stoke on Saturday. However, Ferguson said Monday that "there is no issue."

Ferdinand was one of many Premier League players to boycott the Kick It Out action this weekend, as a protest against a perceived lack of strong action taken by organizations in recent high-profile racism cases. THE ASSOCIATED PRESS

Rio Ferdinand. GETTY IMAGES FILE

PROVINCIAL POLICY STATEMENT REVIEW

Ontario is reviewing the Provincial Policy Statement, 2005 (PPS) issued under the *Planning Act*. The PPS provides policy direction on matters related to land use planning which are of provincial interest.

The public, municipalities, Aboriginal communities and organizations, and stakeholders are invited to attend a consultation workshop and provide input on draft PPS policies and on the legislated five-year review period for the PPS.

Date: Tuesday, November 6, 2012
Registration and Open House: 5 p.m. – 6 p.m.
Workshop: 6 p.m. – 9:30 p.m.
Location: First Unitarian Congregation of Toronto
Address: 175 St. Clair Avenue West, Toronto, ON

Please RSVP by **Thursday, November 1, 2012**, to:

e-mail: PPSreview@ontario.ca
web: ontario.ca/PPS

Provincial Policy Statement Review
Ministry of Municipal Affairs and Housing
Provincial Planning Policy Branch
777 Bay Street, 14th Floor, Toronto, ON M5G 2E5
tel: 416-585-6014 or 1-877-711-8208
fax: 416-585-6870

Please indicate if you require special accommodation. If you are unable to attend, you may submit comments by mail or online.

A consultation document, which contains the draft PPS policies and questions to consider, is available at **ontario.ca/PPS** or by request.

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Ontario

Advertisement

Did you know?
Belly fat often accumulates as a result of too much insulin in the blood. Once you reduce your sugar intake and insulin levels, belly fat can gradually "melt away". Zuccarin can help you achieve this.

Johnny's Secret about Sugar ...

that everyone should know about!

In the small town of Alesund in Norway, many of the residents began taking a supplement that made them fitter. It all began when a customer of Johnny Pettersen, a local health food store owner, asked him for advice on how to reduce cravings.

"I gave my customer the Zuccarin tablets because mulberry extract is known to stabilize blood sugar levels after meals – which is an important part of reducing cravings. It worked very well.

As time went by, I started noticing that my customers were getting fitter. This made me curious, so I studied the effect of mulberry, in depth. Surely enough, because of the active ingredient DNJ, mulberry leaves lead to lower insulin secretion, and this does wonders for the waistline. Less insulin allows the body to store fewer calories as fat and also to start using stored body fat as fuel. This is why my customers were getting fitter.

I then increased the dosage, recommending two Zuccarin tablets before each meal. This worked even better.

After the success of the first customers,word travelled fast. In the last 12 months I have probably worked with over 1,500 customers in Alesund and started them on Zuccarin. It has been a tremendous success.

Once my customers try Zuccarin, they come back, often with friends and family, and buy several packages. It is rewarding because I see them coming back happy, healthy and slimmer."

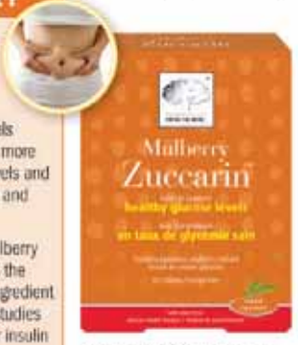
Johnny P, Norway

Is sugar making you overweight?

The diet experts agree: What makes us overweight is basically the hormone insulin. Increase your insulin levels and you will accumulate more fat. Lower your insulin levels and body fat will be released and burned.

Zuccarin is based on mulberry leaf extract and contains the special sugar-blocking ingredient 1-DNJ, which in clinical studies has been shown to lower insulin levels after meals.*

Zuccarin is easy to use. Simply take one tablet of Zuccarin before each meal and soon feel the difference.



New Nordic's Zuccarin is the best selling mulberry supplement in the world, and the only Scandinavian made version. Beware of imitations without the active ingredient 1-DNJ.

FOR MORE INFO OR TO PURCHASE ONLINE:
www.newnordic.ca - 1-877-696-6734

*J Agric Food Chem. 2007, 55, 5809 [Kimura et al, "Mulberry powder enriched with 1-DNJ suppress postprandial blood glucose in humans."

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MLB PLAYOFFS

AMERICAN LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7)
N.Y. Yankees (E) vs. Detroit (C)
(Detroit wins series 4-0)
Thursday's result
Detroit 8 N.Y. Yankees 1
Tuesday's result
Detroit 2 N.Y. Yankees 1
Sunday's result
Detroit 3 N.Y. Yankees 0

NATIONAL LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7)
(San Francisco (W) vs. St. Louis (wc)
(Series tied 3-3)
Monday's result
St. Louis at San Francisco
Sunday's result
San Francisco 6 St. Louis 1
Friday's result
San Francisco 5 St. Louis 0
Thursday's result
St. Louis 8 San Fransisco 3
Wednesday's result
St. Louis 3 San Francisco 1

WORLD SERIES

(Best-of-7; x-if necessary)
San Francisco-St. Louis winner vs. Detroit
Wednesday, Oct. 24 — All Times Eastern
Detroit at San Francisco-St. Louis winner, 8:07 p.m.
Thursday, Oct. 25
Detroit at San Francisco-St. Louis winner, 8:07 p.m.
Saturday, Oct. 27
San Francisco-St. Louis winner at Detroit, 8:07 p.m.
Sunday, Oct. 28
San Francisco-St. Louis winner at Detroit, 8:15 p.m.
Monday, Oct. 29
x-San Francisco-St. Louis winner at Detroit, 8:07 p.m.
Wednesday, Oct. 31
x-Detroit at San Francisco-St. Louis winner, 8:07 p.m.
Thursday, Nov. 1
x-Detroit at San Francisco-St. Louis winner, 8:07 p.m.

AHL

Sunday's results
Grand Rapids 4 Toronto 3 (SO)
Lake Erie 4 Texas 0
Binghamton 2 Hershey 1 (OT)
Milwaukee 5 Houston 4 (OT)
Syracuse 3 W-B/Scranton 1
Rockford 5 Charlotte 4
Saturday's results
Rochester 8 Hershey 7
Providence 3 Springfield 1
Lake Erie 5 Oklahoma City 3
San Antonio 1 Milwaukee 0
Abbotsford 4 Chicago 1
Manchester 6 Portland 4
Toronto 5 Hamilton 0
Houston 5 Texas 3
Bridgeport 3 W-B/Scranton 2
Syracuse 6 Binghamton 5 (OT)
Charlotte 2 Rockford 1
Norfolk 6 Connecticut 3
Adirondack 4 St. John's 3
Tuesday, Oct. 23 — All Times Eastern
Lake Erie at Oklahoma City, 7 p.m.
Portland at St. John's, 7:30 p.m.
Hamilton at Rochester, 7:35 p.m.

NBA

Monday's results
Toronto 104 Milwaukee 95
Philadelphia 98 New York 90
at Syracuse, NY
New Orleans at Dallas
Sacramento at Phoenix
Utah at Portland
Golden State at L.A. Clippers
Sunday's results
Orlando 104 San Antonio 100
Philadelphia 88 Boston 79
Oklahoma City 108 Denver 101
Sacramento 99 L.A. Lakers 92
Tuesday's games — All Times Eastern
Miami vs. Charlotte, 7 p.m.
at Raleigh, NC
Indiana at Cleveland, 7 p.m.
Oklahoma City at Chicago, 8 p.m.
Phoenix at Golden State, 10:30 p.m.

TRANSACTIONS

MLB

DETROIT TIGERS — Named Scott Bream director of pro scouting.
SEATTLE MARINERS — Named Dave Hansen hitting coach.
TORONTO BLUE JAYS — Claimed C Bobby Wilson off waivers from the L.A. Angels.
COLORADO ROCKIES — Named Mark Wiley director of pitching operations.

NBA

INDIANA PACERS — Exercised their option on G-F Paul George through the 2013-14 season. Released C Luke Nevill, G Sundiata Gaines and G Blake Ahearn.
LOS ANGELES LAKERS — Waived F Chris Douglas-Roberts and C Greg Somogyi.
OKLAHOMA CITY THUNDER — Waived G Walker Russell.

CYCLING

UCI — Stripped Lance Armstrong of his seven Tour de France titles.

NFL

CAROLINA PANTHERS — Fired general manager Marty Hurney. Placed CB Chris Gamble on injured reserve.
CLEVELAND BROWNS — Signed OL Jarrod Shaw from the practice squad. Placed OL Jason Pinkston on injured reserve. Signed OL Bryant Browning to the practice squad.
DETROIT LIONS — Signed CB Justin Miller. Released LB Doug Hogue.
SAN DIEGO CHARGERS — Placed PK Nate Kaeding on injured reserve. Signed WR Denario Alexander to a one-year contract.
WASHINGTON REDSKINS — Signed TE Chris Cooley. Placed TE Fred Davis on injured reserve.

CIS FOOTBALL

WEEK 8

ATLANTIC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Acadia	7	6	1	0	184	108	12
Mount Allison	7	3	4	0	117	205	6
Saint Mary's	7	2	5	0	140	123	4
StFX	7	1	6	0	153	231	2

QUEBEC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Montreal	8	7	1	0	262	95	14
Laval	7	6	1	0	259	88	12
Sherbrooke	8	5	3	0	235	192	10
Concordia	8	3	5	0	193	316	6
Bishop's	7	2	5	0	185	237	4
McGill	8	2	6	0	157	290	4

ONTARIO CONFERENCE

	GP	W	L	T	PF	PA	Pt
McMaster	8	8	0	0	365	125	16
Guelph	8	7	1	0	251	209	14
Queen's	8	6	2	0	247	145	12
Western	8	5	3	0	324	168	10
Windsor	8	3	5	0	233	226	6
Laurier	8	3	5	0	109	229	6
Ottawa	8	2	6	0	246	260	4
York	8	2	6	0	192	274	4
Toronto	8	2	6	0	136	279	4
Waterloo	8	2	6	0	145	333	4

CANADA WEST CONFERENCE

	GP	W	L	T	PF	PA	Pt
Calgary	7	6	1	0	302	63	12
Manitoba	7	5	2	0	234	228	10
Regina	7	4	3	0	195	166	8
Saskatchewan	7	4	3	0	200	194	8
UBC	7	2	5	0	169	245	4
Alberta	7	0	7	0	82	286	0

Saturday's results
Mount Allison 29 StFX 16
Acadia 12 Saint Mary's 5
Sherbrooke 48 Concordia 21
Guelph 39 York 18
Western 32 Ottawa 29
McMaster 43 Laurier 0
Montreal 44 McGill 0
Waterloo 48 Windsor 29
Queen's 35 Toronto 7
Manitoba 37 UBC 31
Saskatchewan 27 Alberta 10
Friday's results
Regina 12 Calgary 9

TENNIS

ATP-SWISS INDOORS BASEL

At Basel, Switzerland
Singles — First Round
Roger Federer (1), Switzerland, def. Benjamin Becker, Germany, 7-5, 6-3.
Lukasz Kubot, Poland, def. Lukas Lacko, Slovakia, 6-4, 6-4.
Julien Benneteau, France, def. Andrey Kuznetsov, Russia, 4-6, 6-3, 6-3.
Richard Gasquet (3), France, def. Robin Haase, Netherlands, 4-6, 6-3, 6-2.

ATP-VALENCIA OPEN

At Valencia, Spain
Singles — First Round
Lleyton Hewitt, Australia, def. Juan Monaco (4), Argentina, 6-3, 6-4.
John Isner (5), United States, def. Fabio Fognini, Italy, 6-3, 6-7 (4-7), 7-5.
Ivan Dodig, Croatia, def. Philipp Kohlschreiber, Germany, 6-2, 7-6 (8-6).
David Goffin, Belgium, def. Pablo Andujar, Spain, 6-2, 6-2.
Albert Ramos, Spain, def. Rajeev Ram, United States, 6-3, 6-3.
Fernando Verdasco, Spain, def. Tommy Robredo, Spain, 6-3, 6-4.

ATP MONEY LEADERS

(all figures in U.S. dollars)
Through October 22

1. Novak Djokovic	$8,172,445
2. Roger Federer	$6,426,451
3. Rafael Nadal	$4,997,448
4. Andy Murray	$4,693,850
5. David Ferrer	$2,571,221
6. Tomas Berdych	$2,256,209
7. Jo-Wilfried Tsonga	$1,947,977
8. Juan Martin del Potro	$1,904,610
9. Janko Tipsarevic	$1,613,074
10. John Isner	$1,282,934
11. Radek Stepanek	$1,262,315
12. Nicolas Almagro	$1,248,168
13. Richard Gasquet	$1,238,986
14. Juan Monaco	$1,189,419
15. Milos Raonic	**$1,138,110**

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
y-Kansas City	17	7	9	60	40	26
x-D.C.	17	10	6	57	52	42
x-Chicago	17	11	5	56	45	40
x-New York	15	9	9	54	54	46
x-Houston	14	8	11	53	48	39
Columbus	14	12	7	49	42	43
Montreal	12	15	6	42	45	50
Philadelphia	10	16	6	36	36	40
New England	8	17	8	32	38	44
Toronto FC	5	20	8	23	35	60

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
y-San Jose	19	6	8	65	71	42
x-Seattle	15	7	11	56	51	32
x-Real Salt Lake	17	11	5	56	46	35
x-Los Angeles	15	12	6	51	58	47
x-Vancouver	11	13	9	42	35	41
FC Dallas	9	13	11	38	40	45
Colorado	10	19	4	34	42	50
Portland	8	16	9	33	33	55
Chivas USA	7	18	8	29	22	56

y-clinched conference
x-clinched playoff berth
NOTE: Three points for victory, one point for tie.
Sunday's results
Portland 1 Vancouver 0
San Jose 2 Los Angeles 2
Seattle 3 FC Dallas 1
Saturday's results
Toronto FC 0 Montreal 0
New York 0 Kansas City 0
D.C. 3 Columbus 2
New England 1 Chicago 0
Houston 3 Philadelphia 1
Colorado 2 Chivas USA 0
Wednesday's game — All Times Eastern
Philadelphia at Kansas City, 8:30 p.m.
Saturday, October 27
New York at Philadelphia, 1:30 p.m.
New England at Montreal, 2 p.m.
D.C. at Chicago, 4 p.m.
San Jose at Portland, 6:30 p.m.
Houston at Colorado, 9 p.m.
Vancouver at Real Salt Lake, 9 p.m.
Sunday, October 28
Toronto FC at Columbus, 4 p.m.
Chivas USA at FC Dallas, 7 p.m.
Seattle at Los Angeles, 9 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	4	3	0	.571	217	163
Miami	3	3	0	.500	120	117
N.Y. Jets	3	4	0	.429	159	170
Buffalo	3	4	0	.429	171	227

SOUTH

	W	L	T	Pct	PF	PA
Houston	6	1	0	.857	216	128
Indianapolis	3	3	0	.500	117	158
Tennessee	3	4	0	.429	149	238
Jacksonville	1	5	0	.167	88	164

NORTH

	W	L	T	Pct	PF	PA
Baltimore	5	2	0	.714	174	161
Pittsburgh	3	3	0	.500	140	132
Cincinnati	3	4	0	.429	166	187
Cleveland	1	6	0	.143	147	180

WEST

	W	L	T	Pct	PF	PA
Denver	3	3	0	.500	170	138
San Diego	3	3	0	.500	148	137
Oakland	2	4	0	.333	113	171
Kansas City	1	5	0	.167	104	183

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	5	2	0	.714	205	137
Philadelphia	3	3	0	.500	103	125
Dallas	3	3	0	.500	113	133
Washington	3	4	0	.429	201	200

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	6	0	0	1.000	171	113
New Orleans	2	4	0	.333	176	182
Tampa Bay	2	4	0	.333	148	136
Carolina	1	5	0	.167	106	144

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	1	0	.800	149	71
Minnesota	5	2	0	.714	167	131
Green Bay	4	3	0	.571	184	155
Detroit	2	3	0	.400	126	137

WEST

	W	L	T	Pct	PF	PA
San Francisco	5	2	0	.714	165	100
Arizona	4	3	0	.571	124	118
Seattle	4	3	0	.571	116	106
St. Louis	3	4	0	.429	130	141

WEEK SEVEN

Monday's result
Detroit at Chicago
Sunday's results
Tennessee 35 Buffalo 34
Houston 43 Baltimore 13
Indianapolis 17 Cleveland 13
Minnesota 21 Arizona 14
Dallas 19 Carolina 14
Green Bay 30 St. Louis 20
N.Y. Giants 27 Washington 23
New Orleans 35 Tampa Bay 28
Oakland 26 Jacksonville 23
New England 29 N.Y. Jets 26
Pittsburgh 24 Cincinnati 17
Thursday's result
San Francisco 13 Seattle 6

WEEK EIGHT

Thursday's game — All Times Eastern
Tampa Bay at Minnesota, 8:20 p.m.
Sunday's games
Washington at Pittsburgh, 1 p.m.
Jacksonville at Green Bay, 1 p.m.
New England at St. Louis, 1 p.m.
San Diego at Cleveland, 1 p.m.
Atlanta at Philadelphia, 1 p.m.
Seattle at Detroit, 1 p.m.
Carolina at Chicago, 1 p.m.
Miami at N.Y. Jets, 1 p.m.
Indianapolis at Tennessee, 1 p.m.
Oakland at Kansas City, 4:05 p.m.
N.Y. Giants at Dallas, 4:25 p.m.
New Orleans at Denver, 8:20 p.m.
Monday, October 29
San Francisco at Arizona, 8:30 p.m.

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	16	10	6	0	440	445	20
Toronto	16	7	9	0	371	425	14
Winnipeg	16	5	11	0	339	492	10
Hamilton	16	5	11	0	470	515	10

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-B.C.	16	12	4	0	441	307	24
x-Calgary	16	10	6	0	464	382	20
x-Saskatchewan	16	8	8	0	425	361	16
Edmonton	16	7	9	0	370	393	14

y-clinched division
x-clinched playoff berth
Friday's results
Winnipeg 44 Toronto 32
B.C. 39 Edmonton 19
Saturday's results
Montreal 34 Saskatchewan 28
Calgary 34 Hamilton 32
Friday, October 26 — All Times Eastern
B.C. at Calgary, 9 p.m.
Saturday, October 27
Winnipeg at Hamilton, 1 p.m.
Toronto at Saskatchewan, 4 p.m.
Sunday, October 28
Edmonton at Montreal, 1 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
McCallum, BC	0	43	123	7	173
Whyte, Mtl	0	46	93	7	146
Congi, Ham	0	42	102	1	145
Paredes, Cal	0	42	99	1	142
Palardy, Wpg	0	29	105	5	139
Shaw, Edm	0	36	87	11	134
Waters, Tor	0	22	78	7	107
Deangelis, Sas	0	25	72	1	98
Williams, Ham	14	1	0	0	86
Cornish, Cal	13	0	0	0	78
Dressler, Sas	13	0	0	0	78
Sheets, Sas	12	0	0	0	72
Milo, Sas	0	16	33	12	61
Harris, BC	10	0	0	0	60
Lewis, Cal	9	1	0	0	56
Whitaker, Mtl	9	0	0	0	54
Charles, Edm	8	0	0	0	48
Walker, Ham	8	0	0	0	48
Fantuz, Ham	7	3	0	0	48
Matthews, Wpg	7	1	0	0	44
Brink, Wpg	7	0	0	0	42
McPherson, Mtl	7	0	0	0	42
Prefontaine, Tor	0	5	30	4	39
Stamps, Edm	6	0	0	0	36
Grant, Ham	6	0	0	0	36
Koch, Edm	6	0	0	0	36
Simpson, Wpg	5	0	0	0	30
Bruce, BC	5	0	0	0	30
Anderson, Mtl	5	0	0	0	30

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Lockout. NHL on players: 'They know how to reach us'

Another day ticked by without progress in the NHL's collective bargaining talks.

The league and NHL Players' Association were each holding firm on their recent proposals Monday and have yet to even make plans for another bargaining session this week. With a Thursday deadline looming to reach an agreement and salvage an 82-game season, the sides appeared to be at odds over how best to proceed.

"(I'm) not sure there is any reason to meet if there is nothing new to say," deputy commissioner Bill Daly told The Canadian Press in an email. "Our position was communicated to the union pretty clearly last Tuesday and then again on Thursday.

"If they have a desire to meet with regard to the proposal we have on the table, they know how to reach us."

The sides touched base by phone over the weekend following a busy few days that saw each of them table new offers. They had been expected to gather in New York at some point this week.

"They say they want a deal, but then they say they only want to meet if it is on their terms," said Steve Fehr, the NHLPA's special counsel. "Strange. That is not the way to reach an agreement. Bargaining is give and take — not just take."

Last Tuesday, the NHL proposed a 50-50 split of revenues across the board as part of a deal that would see a full regular season begin on Nov. 2. The union countered Thursday with three different proposals, which all moved towards 50-50 over the course of the deal.

THE CANADIAN PRESS

By the numbers

135

The 37-day lockout has already seen 135 regular-season games wiped off the calendar. The NHL believes there would be enough time to add them back on and play a full season if an agreement could be reached in time to open abbreviated training camps on Friday.

NHL commissioner Gary Bettman, left, arrives with deputy commissioner Bill Daly for negotiations in Toronto last Wednesday. CHRIS YOUNG/THE CANADIAN PRESS FILE

Couture thriving in Swiss hockey home

Hockey. Geneva coach says NHL implants 'will leave us a better team'

They can't play for the NHL, but Logan Couture and Yannick Webber are proving to be a bonus for the National League A Geneve-Servette team in Switzerland.

The NHL locked out its players on Sept. 15, sending many of them to foreign countries to keep their skills sharp until a deal is reached.

It didn't take long for Couture, a former Ottawa 67 in the Ontario Hockey League, to get used to his new environment. The second leading scorer for the San Jose Sharks last season has notched three goals and seven assists in 10 games in Geneva.

He's at the heart of a trio that is considered the most productive on the team and which includes Dan Fritsche (7-9-16) and Kevin Romy (6-9-15).

"I'm here to help the team," said the 23-year-old Couture, who amassed 65 points, including 31 goals with the Sharks in 2011-12. "I don't just do it by collecting points and goals. I want to play well and contribute in any way I can."

His team is far ahead of its rivals with 35 points, six more than Fribourg-Gotteron and Zurich.

"This is a great experience for me," said the talented forward from London, Ont., who was drafted in the first round — ninth overall — by the Sharks in 2007.

Chris McSorley, the coach of Geneve-Servette, admits he fears losing his two gems sooner or later.

"When I wake up in the morning and I see they're still in training, it's a bonus," said McSorley, who is also general manager. "I knew the risks of using them, but it will not ruin our training if we lose their services because the other teams will also lose their foreign players who are in the NHL."

He said the two players have had a positive impact on the team.

"When they go, they will leave us a better team," McSorley said.

"They're teaching our players how professionals behave."

THE CANADIAN PRESS

Quoted

"Every hockey player wants to play in the NHL. ... We want to reach a deal, but if it doesn't happen, I'll be happy to continue playing in Geneva."

Logan Couture

Logan Couture skates with the puck during last January's NHL all-star skills competition in Ottawa. GREGORY SHAMUS/GETTY IMAGES FILE

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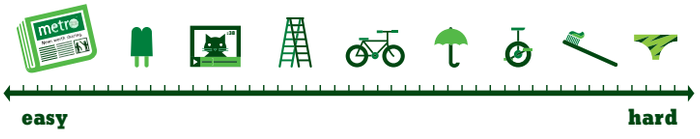

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Horoscopes

♈ Aries
March 21 - April 20
A breakthrough of some kind is likely today. It may or may not be financial in nature but it will certainly be something that makes your life simpler on a material level. You deserve it, so enjoy it.

♉ Taurus
April 21 - May 21
You get along with most people, but you also have a tendency to take over their lives and make decisions for them. That is something you need to curtail today, both for their benefit and for your own.

♊ Gemini
May 22 - June 21
The Sun's change of signs means you need to slow down a bit. You have started many new things in recent weeks and your main task now is to consolidate what you have gained. Don't be too greedy.

♋ Cancer
June 22 - July 23
The Sun moves into the most dynamic area of your chart today, which means the next few weeks are going to be special. You will find that the right opportunity arrives at just the right time. The fun days are here.

♌ Leo
July 24 - Aug. 23
It may seem to everyone else that you don't have a care in the world, but on the inside you can feel that something is missing. Start thinking of ways you can bring more meaning to your existence. It's important.

♍ Virgo
Aug. 24 - Sept. 23
You have been avoiding a certain person because you know they are going to say things you don't want to hear. That's too bad because at some point today they will corner you and make you listen.

♎ Libra
Sept. 24 - Oct. 23
You may be suspicious if someone offers you something for nothing today but the planets indicate you won't be cheated, so lighten up a little. Not everyone is out to deceive you, so don't deceive yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Forget about everything that has gone before and focus on all the good things that are sure to come your way over the next few weeks. The Sun in your sign makes all things possible.

♐ Sagittarius
Nov. 23 - Dec. 21
The most important thing now is that you are totally honest with yourself. Don't try to pretend you have done well when you know it isn't true. It's not about judgment, it's about getting it right next time.

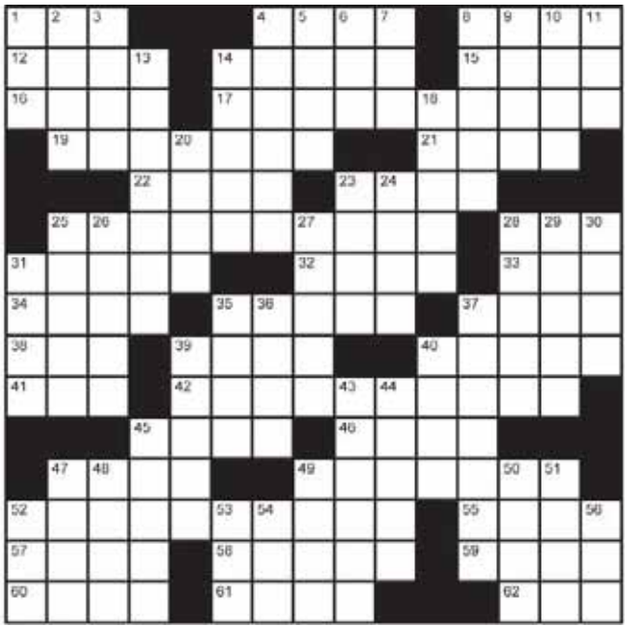
♑ Capricorn
Dec. 22 - Jan. 20
Even if you are the kind of Capricorn who does not like joining organizations, you will find it easy to get involved over the next few days. There are people out there who share your attitudes and ambitions. Find them.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun's journey across the career angle of your chart means you should focus on your work and not worry too much about what else might be going on in your life. Put ambition first for a while.

♓ Pisces
Feb. 20 - March 20
Now that the financial pressure is beginning to ease, you may be tempted to spend a bit more money. That's fine but don't go over the top and get yourself into debt again. Keep that belt tight just a little bit longer. SALLY BROMPTON

A Few Teams Are in Here

BY MICHAEL WIESENBERG



Across
1. Cable channel that broadcast *The Sopranos*
4. "Quit it!"
8. Lubricates
12. Alero or Cutlass, in brief
14. Mother of William and Harry
15. Thought
16. Slave away
17. Put at risk
19. The Gulf Islands are in BC's Strait of ___
21. Stink
22. Ancient France
23. Animal den
25. Calgary CFL team
28. "I wandered lonely ___ cloud": start of Wordsworth's "Daffodils" (2 wds.)
31. Vancouver CFL Team
32. Like Bill Gates or Warren Buffet
33. "My gal" of song
34. Overnight stops
35. Military bigwigs
37. Boat
38. Chess or checkers pieces
39. Boast
40. MTV audience
41. Female sheep
42. BC's wooded tropical region (2 wds.)
45. Receives
46. Regrets
47. Revealed
49. Northwest ___: Canadian sea route only recently open to regular marine shipping
52. They handle our mail (2 wds.)
55. Armed conflicts
57. Aardvark's meal
58. Buenos ___, Argentina
59. Audible exhalation
60. Summer drinks
61. Clairvoyant one
62. Foot digit

Down
1. Fresh off the grill
2. Electronic journal
3. *Garfield* comic strip dog
4. 28-Across's quotation, e.g.
5. Spanish appetizer
6. Zero, ___, two, ...
7. ___ for the course
8. Edmonton NHL team member
9. Not doing anything
10. Chive relative that's the Welsh emblem
11. Unhappy
13. Campaign poster inscriptions
14. Unearth (2 wds.)
18. From the Emerald Isle
20. Bashes into
23. What visitors to Hawaii often receive
24. Rainbow shapes
25. Muscular strength
26. 1,000 kilograms
27. Chosen at random, as one's lottery ticket
28. Barbecue residue
29. Blessed one
30. European mountains
31. Green citrus fruit
35. Spoiled kid
36. Kings: Fr.
37. Teeter-totters
39. Belief system
40. Very: Fr.
43. The longest river in BC, it has its mouth at Vancouver
44. Boots from office
45. Greenskeepers cut it
47. Toronto group that backed Bob Dylan as The Hawks; with "The"
48. Put chips into a poker pot prior to receiving cards
49. Skin opening
50. A horse's canter or gallop
51. Therefore
52. Rescuers of stalled cars
53. Small batteries
54. "Easy as ___!"
56. That girl

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	4		9		2		1	
6								8
		9		4		2		
	6	3		7		1	8	
	1			2			4	
	5	7		9		6	3	
		6		5		8		
1								3
	9		3		8		6	

Yesterday's Sudoku

Today 15°/10° Showers 40%
Wednesday 16°/12° Rain 70%
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